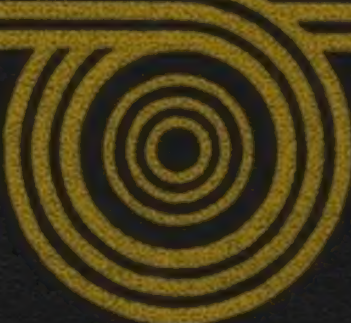


NEW AND REVISED EDITION



AMERICA'S COOK BOOK

THIS COVER



IS WASHABLE

Compiled by
NEW YORK HERALD TRIBUNE HOME INSTITUTE





5-⁶
R.



BAKED APPLE DUMPLINGS

These rosy-cheeked apples are pared, cored, stuffed with spiced sugar and baked whole in pastry jackets, cut and tailored to fit (recipe, page 700).

America's Cook Book

COMPILED BY
THE HOME INSTITUTE
OF
THE NEW YORK HERALD TRIBUNE

New and Revised Edition



1942

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Introduction

to the New and Revised Edition

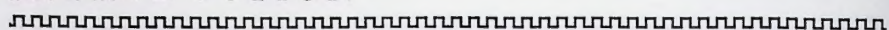
BY MRS. WILLIAM BROWN MELONEY

AMERICA'S COOK BOOK, compiled by the *New York Herald Tribune* Home Institute, is the careful, scientific result of over twenty years' work. Since it first appeared in 1937, tens of thousands of copies have been sold, and a gratifying stream of letters from enthusiastic readers has poured into our office. Brides who never before scrambled an egg tell us they could not manage without the book, planned as it is on basic recipes, with the variations easy to remember; experienced home-makers write that it has taught them new tricks of the housekeeper's trade. Home demonstration agents, busy business workers, women from every income group, write that they have fed their families, entertained their friends, in fact, lived by this book.

This second edition is not a mere formality. It represents a response to a popular demand and a desire to serve our readers to the best of our ability. We are grateful that, mingled with praise of the first edition, there have come by letter, by telephone and through personal contacts, many helpful suggestions. These we have thoughtfully weighed and incorporated.

The Home Institute Career Course on Wednesdays during the past winter has been attended by 2772 home-makers; our food shows have been visited by 6065 people, who have told us what

INTRODUCTION



vi they like about AMERICA'S COOK BOOK. Some have given us recipes which they considered better than ours; even the less experienced have provided valuable help by showing us where fuller explanations were needed. We have added, for instance, the warning that dumplings, if boiled too fast, will not hold together; that dough-nuts, though made ideally from very soft dough, are perhaps too difficult for the amateur to handle without the addition of an extra half-cup of flour.

Every suggestion, in short, which seemed of general interest—and this meant changes in 240 pages—has been incorporated into the revisions of this second edition which is therefore, thanks to our readers, even better than the first.

Since AMERICA'S COOK BOOK was first published our staff has assembled, either for "This Week" or for our daily "Food Markets" Column of the *Herald Tribune*, over 3000 new recipes, some of which belong logically in this book. Moreover, monthly contests have brought us 50,000 new cookery ideas, from which we have culled the best for inclusion in these pages. Many new foods have come to the market in these past three years; 1300 varieties have passed through the Home Institute, and this development necessitates new recipes. The tenderized hams now available have changed the process for cooking hams; the marked improvement of frozen and canned goods also has affected cookery. Even the kitchen equipment used in the first edition had to be brought up to date. The chapters on wines were altered because some important vintages had run out and others had come on the market. All these constitute our reasons for a second edition. We are actuated besides by the same motives which led us to publish AMERICA'S COOK BOOK in the first place.

INTRODUCTION

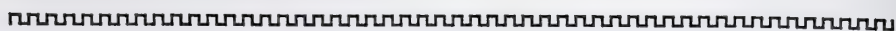


We had long felt a need for a truly national cook book, which vii
would reflect the increasingly high standards of American food
production and scientific food preparation, and which would in-
clude recipes and ideas for interesting menus gleaned from cooks
and epicures all over the world, from Paris to Papeete. Some of
the most drastic changes in our eating habits during the past
twenty-five years have been due to the widespread knowledge of
dietetics. As a result, our consumption of lettuce, spinach, toma-
toes, oranges and other "health foods" has greatly increased. This
nation was also the first to develop, scientifically, baby foods and
to perfect strained foods for babies and invalids. Pasteur gave to
the world the greatest idea for protection against impure milk,
but Americans perfected the method, applied it, and made it
compulsory.

During the past twenty years there has gone out from the
Herald Tribune Home Institute, from women's publications, from
the food industries, from the Government and from Home Eco-
nomics Colleges a constant stream of printed matter on the sub-
ject of food, especially recipes. The Home Institute has itself sent
to its readers, by request, more than 800,000 recipes.

AMERICA'S COOK BOOK is the most comprehensive encyclopedia
on cookery to be made available to the public. It represents twenty-
three years of research and contains over 3000 tested recipes—
recipes tested not only by Home Economics experts, but by the
greatest of all cooking experts, the American home-maker. It is
a handbook for daily living and a guide for more formal enter-
taining. It answers the home-maker's questions on cookery, diet,
menus, table setting, buying, marketing, and the organization of
that greatest of American institutions, the home kitchen. It is so

INTRODUCTION



viii simple that it is understandable to the young housekeeper who is just beginning, so scientific and complete that it is an important addition to schools, laboratories and hospitals. Here will be found recipes for the epicure, the athlete, the invalid, the child, the baby, for men and women leading sedentary lives, for those doing hard, physical work, and for those who, come down to old age, still find pleasure in good eating.

AMERICA'S COOK BOOK has been prepared with great respect for, and pride in, the American people, and it is offered to them as the fruit of many people's labor over a period of many years.

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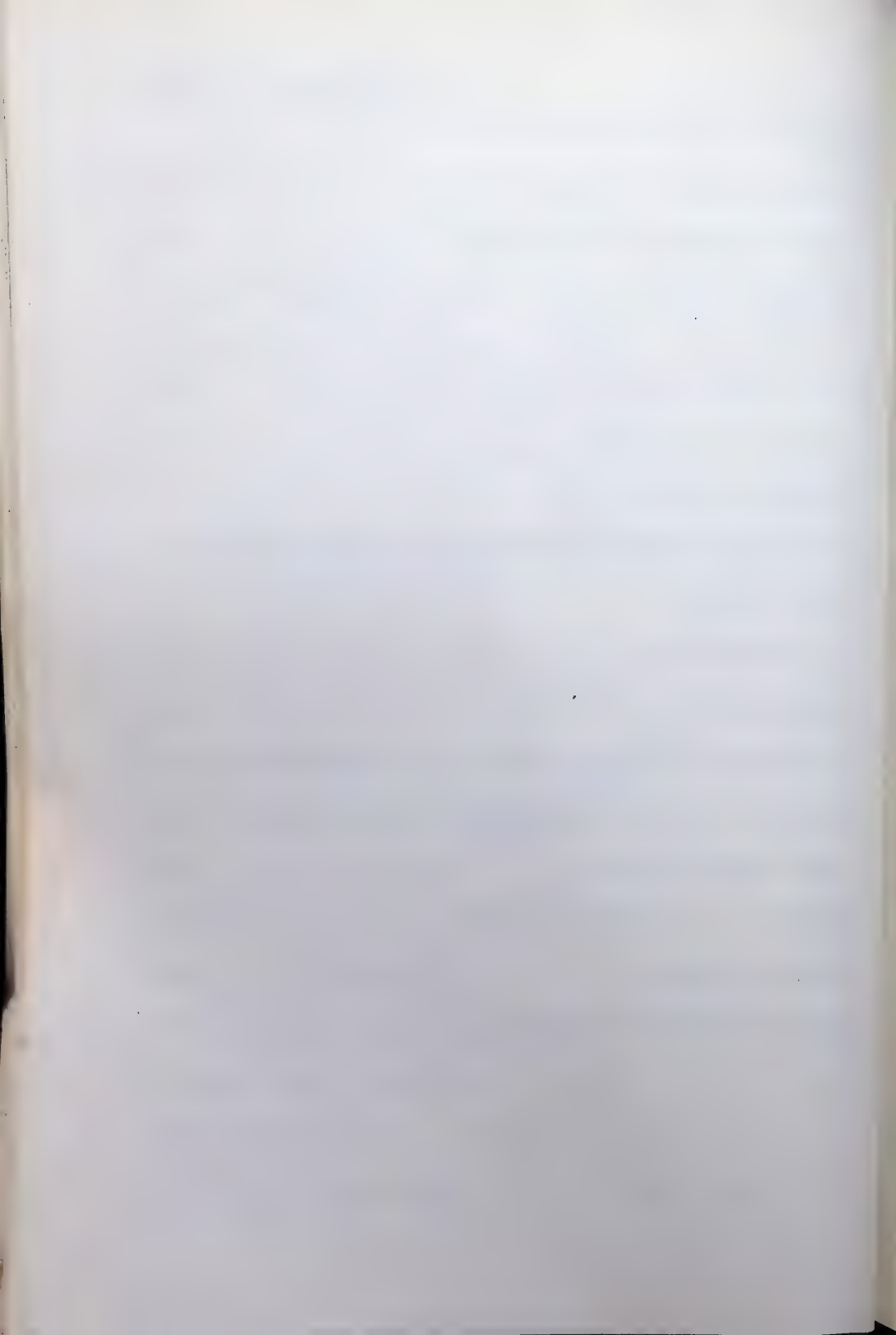
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Special credit is due to Esther Foley, of the Home Institute Staff of the *New York Herald Tribune*, B. S. Syracuse University, who is responsible for the revision necessary for this second edition.

The photographs for the fine illustrations in this book were made by William H. Zerbe, member of the Photographic Society of America and Fellow of the Royal Photographic Society of England.

The food was prepared for photographing by Mabel Stegner.

Two of the table settings and flower arrangements were made by Mrs. Walter R. Hine, author of *The Arrangement of Flowers* and *New Flower Arrangements*. The setting for the formal dinner was arranged by Mrs. Emily Post, author of *Etiquette* and *The Personality of a House*.

Acknowledgment is made here to the many people who read parts of this book when it was in manuscript form, especially Beth Bailey McLean of Swift and Company and Esther Latzke of Armour and Company, who helped chart the course through the recent meat developments, and to Harold J. Grossman of Julius Wile Sons and Company, and Paul E. Stevenson of Bellows and Company, who made constructive and helpful suggestions on the parts of the book dealing with wines and liquors.

M. M. M.



America's Cook Book



Meal Planning

IN PLANNING a meal a first consideration is that it satisfy our sense of taste. For, according to Brillat-Savarin, taste is a sense that procures us the greatest number of enjoyments. Closely linked with the sensory enjoyment of food is the desire for attractively served food. Yet the æsthetic delights of eating are sustained only when accompanied by a feeling of health and well-being. Thus, perfectly planned meals are those that appeal to eye and palate and, at the same time, fulfill nutritional needs. Any one with a lively imagination and the ability to cook well may evolve dishes that would please even a critical Savarin. But it requires some thought and a study of the fundamentals of nutrition to plan, day after day, meals that are satisfying and adequate for a family group.

WHAT FOOD DOES FOR THE BODY

Food has been defined as any material which, when taken into the body, is digested, absorbed and used to build and replace body material, to provide energy or to maintain body processes. Some foods are primarily building and repairing foods; others, because of their composition, yield energy; and still others furnish regulatory materials. It is helpful to know the various foods, and parts of foods, that perform these functions.

Building and repairing foods include protein, minerals and water. All are essential to build and repair tissues, bone, muscle, blood and other fluids. Calcium and phosphorus form the largest part

MEAL PLANNING [FOOD CONSTITUENTS]

- 2 of bones and teeth, and enter into the making of muscles, nerves and fluids. Iron, in conjunction with copper, is essential to the formation of blood. Water forms a large part of all tissues and fluids, so much so that four to six glasses a day are necessary in addition to the liquid contained in the foods.

Energy yielding foods are the carbohydrates (starches and sugars), fats and proteins. Energy is measured in terms of calories or heat units. The carbohydrates are ready fuels and are used entirely for fuel or are stored as fat. Proteins, primarily building foods, are more complicated in structure than carbohydrates and only a part of them furnish energy. Fat is the most concentrated fuel, yielding more energy per unit than the carbohydrates or proteins. Energy is necessary for all body functions, such as the simple acts of breathing, heart action and circulation of the blood, as well as for muscular activity during work and play.

Body-regulating foods are minerals, vitamins, water and cellulose or roughage. Minerals aid in all body processes—iron in carrying oxygen to all parts of the body; calcium, potassium and phosphorus in the heart beat; sodium, potassium, chlorine and sulphur in maintaining the normal composition of body fluids. Vitamins aid in the utilization of food and help to prevent disease. Water helps to regulate body temperature and carry away waste products from the body. And roughage, usually in the form of cellulose, facilitates the passage of food through the digestive tract.

PRINCIPAL SOURCES OF FOOD CONSTITUENTS

CARBOHYDRATES include starches, sugars and cellulose and are found in cereals, breads, vegetables and fruits. Starches are found in such foods as breads, cereals, rice, spaghetti, macaroni and vegetables; and sugars are derived principally from cane and beet sugar, molasses, honey and syrups.

Proteins occur in greatest quantity in meats, fish, eggs, milk and

cheese and in lesser quantities in whole grain cereals, nuts, and 3 vegetables such as dried peas, beans and lentils. The amount and quality of protein are important factors in maintaining health.



CHICKEN WITH TOMATOES OR CHICKEN CACCIATORI

A dish that men like. . . . The chicken is cut up for frying golden brown in pure olive oil. Large, plump tomatoes canned in their juices, onions, garlic, green and red peppers and spicy tomato paste are the ingredients used to make a rich sauce to serve with the chicken.

Meat, fish, eggs, milk and cheese are excellent sources of protein; vegetables, bread and cereals are good sources but should be supplemented with foods such as milk, cheese, eggs, meat or fish.

Fats exist largely in butter, cream, cheese, lard, edible oils, vegetable shortenings, salt pork and bacon.

Minerals are component parts of many foods. Diets are likely to

MEAL PLANNING [FOOD CONSTITUENTS]

- 4 be deficient in calcium, phosphorus, iron and iodine. For good sources of minerals we look to the fruits, vegetables, especially the leafy vegetables, and the whole grain cereals. For our chief supplies of *calcium* and *phosphorus* we depend on milk and cheese; for *iron* and *copper*, on muscle meat, liver, oysters, egg yolk, leafy vegetables and legumes; for natural sources of *iodine*, on fish and seafood.

Water is contained in most foods; it is not a measure of food value, but is consumed largely as a beverage in addition to foods.

Vitamins are found in very small amounts in many foods. Sources for the six known to be necessary in the diet are given below.

Vitamin A is essential for growth and reproduction and aids in building up resistance to disease; it is found principally in cod and halibut liver oils, butter, milk, egg yolk, liver, kidney and green and yellow vegetables.

Vitamin B stimulates appetite and is a factor in promoting growth and in maintaining normal muscle tone; it is distributed widely in fruits, vegetables, whole grain cereals and meats, especially pork. It is very soluble in water and readily destroyed by heat, hence long cooking of vegetables is to be discouraged. Vegetables should be cooked rapidly in a small amount of water until slightly crisp, not mushy. Since a greater amount of vitamin is destroyed in an alkaline solution, soda should not be added to preserve the color.

Vitamin C is important for the development and maintenance of sound teeth and good bony structure; it is found in fresh raw fruits and vegetables, and is particularly abundant in raw pineapple, oranges and tomatoes. It is readily destroyed by heat and prolonged exposure to the air, especially in alkaline solutions. The food should be cooked as quickly and for as short a time as possible; and baking soda should not be added to green vegetables to preserve and intensify their color. Some *raw* fruits and

vegetables should be included each day in the diet to insure a supply of vitamin C. 5

Vitamin D, the sunshine vitamin, directly influences the deposit of calcium in the tissues and hence guards against rickets in children; it is found in cod and halibut liver oils, salmon and egg yolk; some foods, irradiated or exposed to ultra-violet rays, are enriched with vitamin D; or vitamin D may be manufactured by the body following direct exposure to sunlight rays. This vitamin is not affected by ordinary cooking.

Vitamin E is essential for reproduction and is widely distributed in foods, notably in the germ of wheat, in green lettuce and in vegetable oils. It is not readily destroyed by heat.

Vitamin G is essential for health at all ages; a continued lack of it may result in an under-nourished condition known as pellagra in its extreme form, a disease most common in the South. A diet deficient in vitamin G results in loss of weight, slowing of growth and, in acute stages, digestive disturbances and inflammation of the skin. Vitamin G is present in fruits, vegetables, whole grain cereals, yeast, meat, glandular organs and milk. It is very soluble in water, and it is destroyed readily by heat in alkaline solutions.

Food Requirements Vary. Besides including all the food constituents necessary for health, the meal planner must consider in what amounts each is needed to take care of bodily requirements at different age levels and under varying conditions of activity. Babies and very small children require large amounts of milk, the calcium-containing, bone-forming food. Boys and girls at periods of their most rapid growth, from 11 to 16 years of age, require ample food for growth and energy. A woman who does all her own work will have higher energy requirements than one who works at a sedentary occupation; and a man's food needs will increase with muscular activity. In old age, body processes slow down and food requirements are proportionately

- 6 lessened. An individual in normal health manifests his state of well-being with a normal, healthy appetite for plain, wholesome food. See pages 940 and 944 for food requirements at different ages and levels of activity.

NUTRITIOUS MEALS

MANY families do not spend wisely for food. One can be better nourished on a moderately low income when the meals are balanced, than on a liberal diet and income when no wisdom has been shown in the selection of foods.

The easiest way to arrive at a well-balanced diet is to choose daily, some from each of the main food classes that serve to make up a well-rounded meal schedule. (See Table I, page 9.) These include: milk and cheese; vegetables and fruits; eggs, meat, poultry or fish; flours and cereals; fats and sugars. Or it may be simpler to balance the diet by averaging through the week—a quart of milk for each child and a pint for each adult daily, if milk is readily assimilated (people who cannot “digest” milk can depend on fruits and vegetables and other foods for their supply of calcium); some raw fruit or raw cabbage; eggs three or four times a week; meat, fish or cheese in some form each day; portions of butter or cream daily; and whole grain cereals, breads, dried fruits, potatoes and other vegetables and fruits, and moderate amounts of sugars or sweets to round out the menus.

A Simple Test. As a further check on nutritional standards and to make certain the diet is not deficient in the important food constituents—the minerals, the vitamins and protein—check your menus on all three counts.

For instance, the minerals which are least widely distributed in foods and which are most likely to be lacking in the minimum-cost diet are calcium, phosphorus and iron. Adequate *calcium*

will be supplied if the standard for the daily milk quota is adhered to—a quart of milk for each child and a pint for each adult—along with liberal servings of green vegetables. *Phosphorus* will be amply supplied if such foods as lean meats, milk, dried and fresh peas and beans, potatoes, whole grain breads, cereals and green, leafy vegetables are well distributed throughout the menus. *Iron* is liberally contributed by lean beef, liver, egg yolk, whole cereal breads, spinach and other green leafy vegetables and molasses; and *copper* is to be found most abundantly in liver, oysters, molasses, chocolate or cocoa, mushrooms, currants, split peas, peanuts and almonds.

A good supply of vitamins is assured if you can point to at least two good sources in the daily menus: *Vitamin A* is found in milk, eggs, butter, liver and the green and yellow vegetables; *vitamin B* in fruit, vegetables and milk; *vitamin C* in raw fruit or vegetables such as oranges, raw cabbage, tomatoes, raw or canned, and potatoes and the green vegetables if quickly cooked in a small amount of water; *vitamin D* in cod liver oil, in egg yolk, in irradiated milk, or by direct exposure to sunlight; *vitamin G* in eggs, meat, fruit, vegetables and milk.

The *protein* will be taken care of in the children's meals if each child receives one quart of milk daily, eggs three or four times a week and occasional servings of meat or fish as well as breads, cereals and vegetables. Adults will find their protein requirements supplied with a minimum of one pint of milk daily, one serving of meat, fish, cheese or eggs daily, and generous servings of breads, cereals and vegetables. Tables in the Appendix (pages 940 to 950) will be helpful in checking your diet.

THE WEEKLY FOOD ALLOWANCE

SOME meal planners who like to buy food staples in advance can estimate very closely the amounts of cereals, potatoes, butter, shortening, sugar and eggs that will be needed throughout the

MEAL PLANNING [MEALS FOR CHILDREN]

- 8 week. The size of the family group, individual appetites, and physical requirements are factors to be considered in estimating daily or weekly food allowances. Table I, on the following page, shows the approximate amounts and kinds of foods that may be included in a liberal diet over a period of one week, for family groups of two, four or seven members.

Milk is provided on the basis of a quart of milk for each child and a pint for each adult. Provision is made for adequate amounts of fresh citrus fruits or tomatoes in the daily fare. Substantial amounts of green and yellow vegetables, potatoes, dried fruits and a variety of other vegetables and fruits are included. Sufficient eggs for the week, ample supplies of meat or fish, flours, cereals, fats and sugars are included in the estimate. A brief study of this table will help to show if greater or less emphasis should be placed on one group of foods, more than another, to bring the family diet into scale.

PLANNING MEALS SUITABLE FOR CHILDREN

WITH few adjustments, the menus planned for grown-ups can be made to fit the needs of children. Small, normal children, six years and under, can be healthy and satisfied with simple foods when milk, eggs, cereals, fruits and vegetables form the backbone of the diet. Vegetables should be mashed or puréed for tiny tots. Meats, fish or poultry, when served, should be tender, and baked, roasted, broiled, or stewed, rather than fried. Generally speaking, highly seasoned foods are not for children at any age when good food habits, including the desire for simple foods, are being established. But grown-ups, too, can develop a liking for blander foods when the food is cooked and served attractively. Heavy pastries, rich cakes and fried foods need not appear often on the menu. When they do, a simple version of the same food prepared some other way should be offered very young children. Pie filling, for example, can be served in bread croustades or

TABLE 1¹

SUGGESTED WEEKLY PLAN FOR A LIBERAL DIET FOR FAMILIES OF TWO, FOUR, SEVEN²

WHAT TO INCLUDE	HOW MUCH TO INCLUDE FOR A		
	FAMILY OF TWO	FAMILY OF FOUR	FAMILY OF SEVEN
<i>Milk :</i>			
Fluid milk or corresponding quantities of canned or dried milk, or cheese	7 qt.	21 qt.	42 qt.
<i>Vegetables and fruits :</i>			
Potatoes and sweet potatoes	5 lb.	9 lb.	16 lb.
Tomatoes (fresh or canned), and citrus fruit	5 lb.	9 lb.	15 lb.
Leafy, green, and yellow vegetables	6 lb.	10 lb.	16 lb.
Dried beans and peas, peanut butter, and nuts	$\frac{1}{4}$ lb.	$\frac{1}{2}$ lb.	$\frac{1}{2}$ lb.
Dried fruits	$\frac{3}{4}$ lb.	1 lb.	2 lb.
Other vegetables and fruits	14 lb.	26 lb.	42 lb.
<i>Eggs</i>	1 doz.	2 $\frac{1}{3}$ doz.	4 doz.
<i>Lean meat, poultry, and fish</i>	7 lb.	11 lb.	18 lb.
<i>Flour and cereals :</i>			
Flour, cornmeal, rice, macaroni, spaghetti, and assorted breakfast cereals, as well as corresponding quantities of white and whole-grain breads, other bakery goods, and crackers	4 lb.	7 lb.	11 lb.
<i>Fats :</i>			
Butter, margarines, lard, oil, vegetable shortening, salt pork, and bacon	2 lb.	3 $\frac{1}{4}$ lb.	5 $\frac{1}{4}$ lb.
<i>Sugars :</i>			
Sugar, jellies, jams, honey, syrups, and molasses	2 lb.	3 lb.	5 $\frac{1}{4}$ lb.

¹R. S. Carpenter and H. K. Stiebeling, *Diets to Fit the Family Income*, Farmers' Bulletin No. 1757, United States Department of Agriculture, p. 7; columns for families of two and four have been reversed.

²Family of two (two moderately active adults). Family of four (two moderately active adults, a boy of 10 and a girl of 8). Family of seven (two moderately active adults, a girl of 15, a boy of 13, a boy of 10, a girl of 8, and a child of 3).

MEAL PLANNING [FOOD COMBINATIONS]

10 with plain cakes, rather than in pastry. A codfish mixture which is to be deep-fried for grown-ups can be escalloped in little ramekins for children, extra milk added to keep the mixture moist. And the child can still receive his quota of a quart of milk a day, and the adult his pint, if milk soups and desserts are served often on the menu.

FOOD COMBINATIONS

A MEAL may be nutritionally adequate and yet fall short of dietetic standards if it is lacking in appetite appeal. It will be pleasing and appetizing depending upon how it looks, how it tastes and how it feels to tongue and palate. See section on Menu Making (page 854) for menu suggestions.

Color attracts the eye, and if pleasing, stimulates the digestive juices. It is surprising how a dietetically correct meal is usually an attractive meal. Green and yellow vegetables supply rich sources of vitamins and minerals. And there is no prettier combination than the leaf-green of spinach and the ruddy orange of winter squash. A grating of yellow cheese on vegetables, a dusting of scarlet paprika, or the rich jewel coloring of fresh and dried fruits in combination with meat, can rescue a meal from mediocrity. The ruby pimiento, the full-blooded tomato—stewed, grilled, or served fresh to garnish a platter of cold cuts—can perk up a main dish as well as the appetite. Pickles and relishes lend color as well as variety to the meal, but they should not constitute the sole resource for added color.

Flavor. Even though robust appetites need no coaxing, accent on flavor is important. We thrive best on meals that counteract blandness with a mingling of sharply sweet or sharply acid food flavors. A food of delicate, mild flavor may be right enough by itself, but the meal as a whole requires occasional strong flavors to relieve monotony. Crisp bacon, by contrast, points up the flavor of a bland, sweet fish. A sharp cheese or just a suggestion



of onion may be the one flavor-activator that a salad needs to give it character. The judicious use of herbs and seasonings works magic with plain, substantial foods. Try a sprinkle of sage on baked pork chops. Flick the clove box gently over French oil dressing or coleslaw. See how crushed fresh mint enlivens most green vegetables. Add a dash of celery salt to coleslaw for a new, fresh flavor. A definite hint of bay leaf will improve the stew. II

Texture. Meals may be cockle-warming or indifferent, depending upon the proper association of food textures. Strive for contrast in texture between soft and crisp foods. Things like nuts and shredded coconut are more than dessert garnishes. Their chewy quality increases the lasting enjoyment of subtle dessert flavors. Crisp salad greens and a relish with a decided crunch to it improve most of the main dishes they are allowed to pair with. Even a change in the texture of bread or rolls adds interest to the meal as a whole—a crisp, French loaf substituted for soft bun bread, or the clinging, lingering quality of good rye bread for the more commonly consumed wheaten loaf.

Temperature contributes to the palatability of a meal. “Hot things hot and cold things cold” is a good adage but not to be carried to extremes. In hot weather, one hot dish is more satisfying than a succession of cold dishes and north-pole beverages, while the coldest day demands something more than tongue-scorching victuals to add interest to the meal. A green salad or fresh fruit dessert may be the simple answer to a meal that errs on the side of too many hot dishes.

SPECIAL NUTRITIONAL PROBLEMS

SPECIAL nutritional problems require the attention of a physician. Diets unsanctioned by a physician may lead to serious complications. But when the cause has been established, the physician's

- 12 task is simplified if the meal planner can meet him half-way in working out a suitable diet. Overweight and underweight, anemia and idiosyncrasies to certain foods frequently yield to diet, in addition to the treatment prescribed by a physician. If the meal planner knows the simple fundamentals of nutrition—foods that are protein-containing, starch, fat, or iron-containing—she can simplify the diet problem and create more interesting meals for the person concerned.

Overweight. One of the causes of overweight in the normal individual is eating more food than the body requires to meet its energy needs. The extra food is stored as fat. To lose weight the body should receive less food than it actually needs for energy, so that it may draw upon body tissue for fuel to induce a gradual loss of weight. This does not mean that any one food should be eliminated exclusively from the diet. A normal diet that furnishes necessary protein, minerals and vitamins and certain amounts of fat and starch for energy, is required by the fat person as well as the lean. But usually, gradual loss of weight can be achieved by cutting down the starches, fats and sugars. One compensates for a hungry feeling by eating plenty of fresh and cooked unsweetened fruits and vegetables. Table XXXIX (page 949) in the Appendix will aid the meal planner in judging the calorie value of many foods. In special cases where glandular or other pathological disturbances are present, diet alone is not sufficient. Such cases require the direct supervision of a physician.

Underweight. In order to gain weight, thin people reverse the procedure. To store up fatty tissue, their food intake must be greater than the body actually needs to meet minimum energy requirements. Starches and fats alone will not put on weight. The diet must be normal in all respects if it is to function properly. There should be an abundance of the regulatory foods, fruits and vegetables, to stimulate the appetite. Sometimes ap-

preciable gain is shown when extra milk, bread and whole grain 13
cereals are added to the diet. It is unwise to depend upon sweets
and rich, fatty foods to put on weight, since these foods some-
times dull the appetite for other necessary food elements. The
thin person may find it more satisfactory to eat five or six small
meals rather than three substantial meals, since the desire for food
is often lacking. Again, Table XXXIX (page 949) will be useful.

Food allergy is a condition common to many people, wherein
specific foods are not tolerated. Any one of a number of foods,
such as wheat, eggs, milk, butter, meats, tomatoes, or straw-
berries, may be the chief offender in producing skin irritation
or general physical discomfort. A physician should be consulted
to determine, by tests, which food or foods to avoid. The meal
planner must provide meals that do not include the food to
which the sufferer is allergic. Sometimes the problem is very
simple and the elimination of one food may be all that is neces-
sary to bring relief; or, the condition may be more complicated,
when, for instance, the individual is allergic to wheat flour, a
component part of many dishes in everyday use. When wheat
flour is the disturber, other flours may be substituted, such as
flours from corn, rice, rye, barley, lima beans, or soy beans. Very
palatable quick breads can be made from these flours as part
substitution for wheat. See page 44 for basic flour substitutions
and equivalents to one cup of flour. When complete substitution
must be made, it requires some ingenuity and experimenting to
evolve a palatable baked product. The section on Cookery Methods
(page 44) contains helpful material on the substitution of various
ingredients.

Commercially prepared substitutes are available for those who
cannot eat butter or milk or certain of the protein foods. In
most instances, complete avoidance of the irritating food is suf-
ficient to relieve an allergic condition.

Anemia is a condition brought on by insufficient iron in the

- 14 blood. There may be many contributing factors and only a physician should attempt to determine the cause and prescribe a course of treatment. Foods rich in iron are encouraged. These include lean meat, liver, kidney, egg yolk, shellfish, green leafy vegetables, dried peas and beans, molasses, whole grain cereals and breads. Copper is closely allied with iron in foods and is also essential to the formation of red blood cells. The Chart (page 943) shows relative importance of some common foods as sources of iron and copper.

Low carbohydrate tolerance is a condition wherein the carbohydrates, the starches and sugars, are not assimilated well by the body. *Diabetes mellitus* is an extreme form of this condition, and must be treated strictly under the supervision of a physician. Milder evidences of an inability to assimilate carbohydrates can be met by the partial elimination of carbohydrate foods from the diet. Starch-containing foods include potatoes, bread, cereals, macaroni, spaghetti and noodles; and foods rich in sugar comprise sweet desserts, candy and confections, and dried and sweetened fruits. Fruits and vegetables which, in general, are low in carbohydrate, may be substituted for the more concentrated carbohydrate foods. See Appendix (page 940) for list of vegetables and fruits grouped according to their starch and sugar content. On a well-rounded diet containing liberal amounts of fresh and cooked fruits, vegetables, milk, cheese and eggs, the appetite can be satisfied and nutritional needs adequately met.

Diet for Convalescents and the Aged. When there is no physical complication, the problem of feeding convalescents and old people is comparatively simple. With the convalescent, the aim is to induce a return to normal weight and build up appetite and body tone. As little strain as possible should be placed on the digestive system. Depending upon the strength of the individual, the physician may prescribe a "soft" or a "light" diet. The food

requirements of the aged are comparatively small. Since body processes tend to slow down with age, a light, readily digested diet is suitable. If there is complete inability to masticate food, a soft, semi-liquid diet may be better borne. In either case, the physician's directions should be heeded.

A "soft" diet requires the sieving of all fruits and vegetables to remove the cellulose. Milk, when well tolerated, is allowed in many forms—in soups, sauces, milk desserts and beverages. Bread, at least a day old, preferably toasted, may be included, plain, or softened with milk or soup. Meat is not usually included in the "soft" diet; eggs and milk furnish the necessary protein.

A "light" diet, unless otherwise indicated by the physician, allows raw and cooked fruits and vegetables. Meat, chicken and fish are baked, broiled, stewed or boiled, rather than fried. Highly seasoned and stimulating foods tend to irritate a delicate digestive tract and should be avoided. Desserts should be simple and bland, consisting of plain custards, cornstarch pudding, ice cream, and stewed and fresh fruits.

Diet-O-Mania, or the desire to embrace each new diet that comes along, enlists the interests of millions of seekers-after-health. Much lasting harm has come to many who have experimented with diet fads without consulting a physician. It pays to know from whom you are getting your information. Recognized nutrition authorities are the first to sponsor any diet or new combination of foods definitely shown, by irrefutable tests, to be promoters of health and well-being. But unless a diet theory is sound and has proven conclusively, by research and experiment, that it accomplishes ends claimed for it, the medical profession and leaders in the nutrition field can be depended upon to withhold their support. It is advisable, therefore, to consult a reputable physician before embarking on a special diet regime.

Cookery Methods

MANY useful facts pertaining to cookery in general have been compiled and assembled in this introductory section on food preparation. They represent the practices observed in the recipes included in this book and are also those that are in current use in standard food preparation.

To simplify and to make more uniform the use of cookery terms, definitions, or explanations are given for ingredients, processes or methods of technique, and for many prepared products. Some foreign words and phrases used in cookery are included in appendix. The temperatures and time for roasting and cooking meats of all kinds, baking, deep-fat frying and sugar cookery in syrups, frostings and candies, have been assembled in convenient tables. Some cookery processes which apply in several different recipe sections have been discussed here rather than in those divisions. Batters and doughs are taken up in detail to show the relation between the various ingredients used in them. Hints on deep-fat frying and on sugar cookery will help to simplify those operations.

A table of measurements and weights used in cooking, and also some of the equivalents used in the substitution of one ingredient for another are given here. The approximate measure per pound, or a similar purchasing unit, is included in the section on "What to Buy." Some of the commonly used basic proportions for different leavening agents, for liquid and flour in various batters and doughs, and for the thickening power of different starches and proteins are summarized for easy reference.



DEPENDABLE EQUIPMENT FOR DEPENDABLE RECIPES

Top Left: Cast-iron Dutch oven—holds the heat for long, slow cooking of stews and pot roasts.

Top Right: Double fryer—two pans in one. The top is a separate fryer, or can be used to make a covered cooker.

Lower Left: Heat-proof glass double boiler. You can tell at a glance when the lower pot needs more water.

Lower Right: Electric enamel steamer. Steam circulates through tiny holes over the food in the upper and lower compartments.

It is a well-known fact that as the air becomes lighter with elevation, its weight or pressure upon the earth's surface becomes increasingly less. Because of this decreased atmospheric pressure, many standard cookery methods, especially those involving boiling or the baking of batters and doughs, frequently need to be modified.

The effect of altitude on the boiling temperature of water is explained on page 20. A pressure cooker will help to shorten the cooking time with foods that would otherwise require long boiling.

Many complex factors are involved in changing sea-level recipes for batters and doughs to meet specific altitude changes. The more common practices are mentioned in the recipe section on cakes (page 537). More detailed information for those who wish to adapt sea-level recipes to a higher altitude may be obtained from the various experiment stations in high altitude regions. (Bibliography, page 952.)

DEFINITIONS OF INGREDIENTS

Bouillon Cube—A small cube of dried meat or chicken extracts and seasonings; used with water to make bouillon.

Caramel—Burnt sugar, used for coloring and flavoring.

Cider—The juice expressed from apples; used as a beverage and for making vinegar.

Condiment—A pungent substance used to give relish to food.

Cracklings—The crisp residue of fat after the lard or fat has been removed.

Drippings—The fat and juice which drops from roasting meat.

Egg Whites, Stiffly Beaten—Whites beaten until stiff, but not dry.

Egg Yolks, Well Beaten—Yolks beaten until thick and lemon-colored.

Fat—General term for solid and liquid edible fats.

Fillet—Long, thin, boneless strip of lean meat or fish.

Gelatin—A purified protein formed by continued boiling from collagen,

a substance present in the connective tissues and bones of animals.

Heavy Cream, Whipped—Cream whipped until it begins to thicken and hold its shape.

Herb Bouquet—A bunch of mixed fresh herbs tied together in a small bag, or mixed dried herbs. Used for seasoning meats, stuffings and soups.

Hydrogenated Fat—A white plastic fat made from soft and liquid fats by the addition of hydrogen.

Junket Tablet—Small tablets containing rennin, a substance that coagulates milk. (Rennin is prepared commercially from the lining of a calf's stomach.)

Legumes—Vegetables which bear their fruit or seeds in pods such as peas, beans, lentils and soy beans.

Marinade—An oil-acid mixture

used to give flavor to meats or salads. 19

Oil—A liquid fat.

Paste—A smooth mixture of flour and water used to thicken a liquid.

Roux—A smooth, cooked or uncooked mixture of flour and butter or other fat used to thicken sauces and soups.

Seasoning—See **Condiment**.

Shortening—A general term given to any fat used for making a product short or tender, as in breads, cakes, cookies and pastries, etc.

Spice—See **Condiment**.

Vinegar—A dilute acetic acid combined with other acids and flavors of the fruit from which it is made. (Unless otherwise qualified, means cider or apple vinegar.)

Wine—Fermented juice of grapes.

DEFINITIONS OF COOKERY PROCESSES

Bake—To cook by dry heat, usually done in oven; called roasting when applied to meats.

Barbecue—To roast meat on spit or rack over coals, usually basting with highly-seasoned sauce.

Baste—To moisten foods, usually meat, while cooking; melted fat, meat drippings, water and fat, water, or special sauce may be used.

Beat—To make a mixture smooth or to incorporate air by a brisk

regular movement that lifts the mixture up and over. A mechanical mixer or a rotary movement of the wrist is used for beating.

To beat eggs: whole, slightly—Beat in bowl or cup enough to mix yolk and white.

Whole, well beaten—Beat with rotary egg beater in small bowl until eggs are light and foamy.

Yolks, well beaten—Beat with rotary egg beater in small bowl until they become thick and light.

20 **Whites, stiffly beaten**—Beat in large bowl or on platter with rotary egg beater or flat wire whisk. For cakes, beat until whites form soft little peaks when beater is lifted, but are still moist and glossy. For meringues, beat until stiff, then beat in sugar.

Blanch—(1) To remove skins from fruit or nuts by allowing them to stand in boiling water from 1 to 5 minutes, then by draining, rinsing in cold water and slipping off skins. (2) To reduce strong flavor or set color of food by plunging into boiling water.

Blend—To combine ingredients thoroughly.

Boil—To cook in liquid, usually at the boiling temperature. The boiling point is reached when bubbles rise continuously and break at the surface. The boiling point of water varies with altitude; at sea level it is 212° F.; it decreases about 1° F. for every 500 feet of elevation. For instance, at 1000 feet elevation, water boils at 210° F.; at 3000 feet elevation, at 206° F.; at 5000 feet, at 202° F.

The boiling point increases under pressure of enclosed steam, and foods cook in less time: at 5 pounds pressure, the boiling point is 228° F.; at 10 pounds pressure, it is 240° F.; at 15 pounds pressure, it is 250° F.

Braise—To brown meat or vege-

tables in small amount of hot fat, and then cook slowly in closely covered utensil on top of stove or in oven, adding a very small amount of liquid or cooking in meat juices.

Bread—To cover with bread crumbs preparatory to cooking. See **Coat**.

Broil—To cook directly under a flame or red hot heating unit, or over an open fire or grill.

Candy—To cook fruit in heavy syrup until transparent, then drain and dry; to cook vegetables with sugar or syrup and fat to glaze.

Caramelize—To melt sugar slowly over low heat until it develops characteristic flavor and brown color.

Coat—(1) To dip food into salted flour until all sides are evenly covered. (2) To dip food into slightly beaten egg, then in seasoned crumbs. With moist foods it is best to dip first into crumbs, then eggs, then again into crumbs.

Chop—To cut into pieces with a sharp knife or cutter.

Coddle—To cook slowly and gently just below the boiling point; eggs and fruit are coddled.

Combine—To mix together all ingredients.

Cook—To prepare food by heat in any form, such as direct, dry or moist heat.

[DEFINITIONS] COOKERY METHODS

Cream—To make soft, smooth and creamy by rubbing with back of spoon or other utensil; usually applied to fat and sugar.

Crisp—To make firm and brittle; in very cold water, a moist, cold place, or a moderate oven.

Cube—To cut into small cubes or solids of six equal square sides.

Cut—(1) To divide food in pieces with knife or scissors. (2) To combine fat with dry ingredients using two knives, a fork or blender.

Devil—To prepare with hot seasoning as pepper, mustard, etc.

Dice—To cut into small cubes. See **Cube**.

Dissolve—To cause a liquid and a dry substance to pass into a solution.

Dot—To scatter small bits, as butter, over surface of food.

Dredge—To coat with some dry ingredient, as flour or sugar.

Dust—To sprinkle or coat lightly with flour or sugar.

Fireless Cooking—To cook by means of stored heat in insulated oven or fireless cooker.

Fold—(cut and fold)—To combine ingredients by cutting vertically down through the mixture with spoon or whip, then turning it across bottom of bowl and bringing it vertically up—a sort of rolling-down-up-over motion.

Fricassee—To cook by braising.

Applied to such foods as poultry, game and meats, cut into pieces. 21

Fry—(1) To cook in small amount of fat, also called sauté or pan-fry; (2) to cook, immersed, in a deep layer of hot fat, also called deep-fat frying; (3) to cook, partly immersed, in a 1- to 2-inch layer of fat.

Garnish—To decorate.

Glacé—To make smooth and glossy with icing, thin syrup cooked to the crack stage, or jellies and jams.

Grate—To wear away into small particles by rubbing on a grater.

Grill—See **Broil**.

Grind—To reduce to particles by cutting, crushing or friction.

Julienne—To cut vegetables into match-like strips.

Knead—To work and press dough with the hands accompanied by folding and stretching.

Lard—To place strips of fat, called lardoons, on top of meat, to insert them in gashes on sides of meat, or to insert them into lean meat by means of a larding needle or skewer; this is done to add fat and to prevent dryness.

Marinate—To add a marinade (oil-acid mixture) and let it stand to season the food.

Mask—To cover completely, usually with mayonnaise or thick sauce.

COOKERY METHODS [DEFINITIONS]

- 22 **Melt**—To change to a liquid by heat.
- Mince**—To cut or chop into very fine pieces.
- Mix**—To combine ingredients into one mass, usually by stirring.
- Pan-broil**—To cook uncovered in a hot frying pan, pouring off fat as it accumulates. Pan is ungreased; or rubbed lightly with fat to prevent sticking of food.
- Pan-fry**—To cook in small amount of fat. See **Fry**.
- Parboil**—To boil food in water until partially cooked.
- Parch**—To dry and brown with dry heat, applied to such grains as corn.
- Pare**—To cut away outside covering.
- Pasteurize**—To partially sterilize a liquid at a temperature (140°–180° F.) which destroys certain pathogenic organisms and arrests fermentation.
- Peel**—To remove outer covering by stripping it off.
- Poach**—To cook gently in hot liquid, usually below boiling point, so shape of food is retained.
- Render**—To free fat from connective tissue by means of heat.
- Roast**—To cook by dry heat, usually in an oven. See **Bake**.
- Salt**—To apply salt; to cure or season with salt.
- Sauté**—To fry in small amount of fat. See **Fry**.
- Scald**—To bring to a temperature just below the boiling point. To scald milk, heat, covered, over boiling water until foamy on top.
- Scallop**—To bake a food, usually cut in pieces, in a casserole with sauce or other liquid. The top is usually covered with crumbs. Food and sauce may be mixed together or arranged in alternate layers.
- Score**—To cut narrow grooves or gashes.
- Scramble**—To prepare eggs by stirring together while cooking.
- Shirr**—To break (eggs) into a dish with cream or crumbs and cook in oven or on the fire.
- Sift**—To mix several dry ingredients and to put through a sieve once or several times; use 2 squares of paper or 2 bowls, sifting from one to the other.
- Simmer**—To cook in liquid below the boiling point—about 185° F.
- Skewer**—To fasten meat or poultry with long pin of wood or metal to keep it in shape during cooking.
- Steam**—To cook in steam.
- Steep**—To soak in a liquid below the boiling point to extract color, flavor or other qualities.
- Sterilize**—To destroy microorganisms. In cooking, usually done by boiling in water, by dry heat or by steam.

Stew—To cook slowly in a small amount of liquid for a long time.

Stir—To mix ingredients with a circular motion until blended.

Toast—To brown by direct heat; breads, nuts or marshmallows.

Try out—To fry solid fat or fat meat, cut in small pieces, until fat is separated from membrane.

Whip—To beat rapidly, as eggs, cream, gelatin, to incorporate air and produce expansion.

DEFINITIONS OF PREPARED PRODUCTS

Appetizer—A small, individual portion of food or drink, served before or as the first course of a meal.

Aspic—A savory meat jelly used to garnish meat or fish, or to make a mold of meat, fish, etc.

Batter—A mixture of flour, liquid, etc., of such consistency that it can be beaten or stirred.

Bisque—A rich cream soup usually of shellfish, or a frozen ice cream with nuts in it.

Bombe Glacé—A melon or round mold lined with one kind of ice cream and filled with another ice cream or an ice.

Bouillabaise—Several varieties of fish cooked like thick chowder with white wine.

Canapé—An appetizer made of fried or toasted bread spread with some highly seasoned food.

Cobbler—A type of deep-dish fruit pie made with rich biscuit dough, with top and side crusts, or with top crust only.

Cocktail—An appetizer. May be liquid (vegetable or fruit juice

or alcoholic beverage) or solid (fruits or shellfish with sauce).

Compote—Fruit stewed in syrup.

Consommé—A light-colored clear soup made usually from a combination of meats.

Cream Sauce—A white sauce made with cream.

Croquettes—A mixture of cooked and chopped ingredients, as fish, meat, cheese, etc., held together by a thick sauce, shaped—usually in cones—dipped in egg and crumbs, and fried.

Croustade—A case for creamed meat or fish, made from bread, and fried or brushed with butter and browned in oven.

Croutons—Small cubes of fried or toasted bread served with soup.

Curry—A stew cooked with curry.

Custard—A cooked or baked sweetened mixture of eggs and milk.

Cutlet—A small piece of meat, usually veal, cut from leg or ribs, for broiling or frying; or a mixture, usually of fish, shaped and cooked like a meat cutlet.

24 **Deep-dish Pie**—A fruit pie with top crust only, baked in a deep dish.

Dough—A mixture of flour, liquid, etc., of such consistency that it can be handled or kneaded.

Éclair—A small oblong pastry filled with custard or whipped cream.

Entrée—A small made dish that is served as a separate course between the heavy courses of a formal dinner; in informal meals the chief dish of the main course may be called an entrée.

Fondant—Sugar syrup cooked to soft ball stage (234° F.), cooled and kneaded to smooth creaminess.

Fondue—A light, fluffy baked food made with eggs, cheese and milk and thickened with bread or cracker crumbs.

Frappé—Diluted sweetened fruit juice frozen to a mushy consistency and served in glasses.

Fritters—A mixture of chopped fruit, vegetable, fish, or meat with a batter; or pieces of fruit, vegetable or fish enclosed in a batter, dropped by spoonfuls into deep hot fat and fried.

Goulash—A thick Hungarian stew made from beef or veal, flavored with vegetables and paprika.

Ice Cream—A frozen product made from cream or a combination of milk and cream, sweetened

and flavored. **Plain, American or Philadelphia Ice Cream** contains only thin cream, sweetening and flavoring. **French Ice Cream** is made from a combination of cream and custard. **Bisque Ice Cream** is usually higher in fat than plain ice cream with the addition of dried macaroon or sponge cake crumbs, or marshmallows. **Parfait or New York Ice Cream** is high in fat with sufficient egg yolks used to produce a distinct yellow color. **Mousse** is frozen whipped cream, sweetened and flavored.

Pudding is a high-fat ice cream, with eggs, nuts and fruits added and highly flavored or seasoned. **Neapolitan Ice Cream**—A layered brick of three ice creams variously colored and flavored, or a combination of ice creams and an ice.

Ices—A frozen mixture of fruit juice, sugar and water, which may or may not contain gelatin or egg white.

Infusion—The liquid extract obtained by steeping a substance, as coffee, herbs, etc., in a liquid.

Junket—A dessert of milk coagulated by rennet, sweetened and flavored.

Kisses—Small meringues.

Macaroons—Small cakes made from egg whites, sugar, almond paste or powdered almonds.

Macédoine—A mixture, usually of vegetables or fruit.

Marguerite—A saltine covered with mixture of boiled frosting and nuts or coconut and baked in the oven until browned.

Meringue—(1) A stiffly beaten mixture of egg whites and sugar used to cover the top of a pie, usually browned in the oven, or (2) made into small cakes and baked.

Mignon Fillets—Small tender fillets, usually from beef tenderloin.

Mocha—A flavor from coffee infusion or a combination of coffee and chocolate.

Mousse—See Ice Cream.

Pancakes—Flat batter cakes baked on a griddle on top of stove. Also called **Griddlecakes**.

Parfait—See Ice Cream. The term also may signify ice cream with syrup and sometimes fruit or nuts served in a (tall) parfait glass.

Patty—A patty shell filled with a creamed mixture of chicken, fish.

Patty Shell—A small container made from puff paste.

Pilau—Rice stewed with meat, poultry or fish, spices, etc.

Purée—A heavy, smooth, very thick liquid made by rubbing cooked foods through a sieve.

Ragout—A highly seasoned thick stew.

Ravioli—A savory meat mixture enclosed in noodle dough, and cooked in boiling water.

Relish—A highly flavored or seasoned food used with other foods to make them more palatable or to stimulate appetite.

Rissole—A savory meat mixture enclosed in rich pastry and fried in deep fat.

Sherbet—A frozen fruit juice mixture similar to an ice, with egg white, gelatin or milk added to decrease the size of crystals. For **milk sherbet** milk is used in place of all or part of water.

Soufflé—A delicately spongy hot food dish made from a sweet or savory mixture, as cheese, meat, fish, vegetables, fruit or chocolate and made light by stiffly beaten egg whites.

Stock—The liquid in which meat, poultry, fish or vegetables have been cooked.

Timbale—An unsweetened custard combined with minced vegetable, chicken or fish, molded and baked.

Timbale Case—A small case of batter fried in deep fat on a special iron. Used with cream mixtures and desserts.

Torte—A rich cake usually made from crumbs, eggs and nuts.

Tutti-frutti—Mixed fruit.

White Sauce—A mixture of fat, starch (usually flour) and milk or part milk and stock, seasoned and cooked until smooth and creamy. To use rice flour, see page 48.

TABLE II

OVEN TEMPERATURES IN BAKING AND ROASTING¹

TERM USED	TEMPERATURE	APPLICATION
	<i>degrees F.</i>	
Very slow oven	200-250	Fruit cakes, large
Slow oven	250-325	Fruit cakes, pound cake, kisses, macaroons, angel food
Moderately slow	325-350	Custards, soufflés, brownies, gingerbread, fruit bread, meringues, meats, sponge cake
Moderate	350-375	Layer cakes, cup cakes, drop cookies, baking-powder breads, winter squash
Moderately hot	375-400	Rolled and sliced cookies, apples, fish
Hot	400-450	Muffins, cornbreads, pies, ² yeast bread, ² yeast rolls
Very hot	450-500	Biscuits, popovers, ² cream puffs, potatoes

¹When oven is equipped with an automatic heat control, set regulator at desired temperature before oven is lighted. If food does not bake satisfactorily in the time indicated in recipes, thermostat may need adjusting. Call local "range" dealer to make the necessary adjustment.

A portable oven thermometer of reliable make will register the temperature of the oven accurately, and should be used if possible when the oven has no regulator. Place thermometer at one side and towards the front of the rack on which food will be baked, turning it so it may be read quickly when the oven door is opened. Burners must be adjusted frequently to keep oven at desired temperature. To test the accuracy of a mercury thermometer, heat it in hot water deep enough to cover the bulb. When the water has boiled about one minute, at sea level the thermometer should read 212° F. For variations in boiling point due to altitude, see Boiling (page 20).

Practical oven tests may be used to indicate some oven temperatures. Set a pan sprinkled with flour in heated oven. For a

Slow oven flour turns delicate brown in 5 minutes.

Moderate oven flour turns golden brown in 5 minutes.

Hot oven flour turns deep, dark brown in 5 minutes.

Very hot oven flour turns deep, dark brown in 3 minutes.

These tests may also be made with white tissue or white unglazed paper.

²Start at this temperature; reduce temperature to finish baking. (See Table III, page 27.)

APPROXIMATE TIME TO ALLOW WHEN BOILING OR BRAISING (FOR SERVING 6)

Beef—Stew, 2½ hrs.; corned beef, 3 hrs.; pot roast, 3½ hrs.; boiled beef (one piece), 3½ hrs.

Veal—Cutlet, 1 hr.; stew, 2 hrs.; pot roast, 2½ hrs.; *boiled* (thin piece), 1½ hrs.

Lamb and Mutton—Stew, 2 hrs.; pot roast, 2½ hrs.; *boiled* (leg), 3 hrs.

Ham*—*Boiled* (whole, approximate 10 lbs.), 4 hrs.; pressure cooker, 1½ hrs.

Poultry (fowl)—*Boiled* (6 lbs.), 4 hrs.; *braised* or pot roast, 3½ hrs.

Fish (fillet or steak)—*Boiled*, 6 min. if thin, 10 if thick. Same for steaming.

Tongue—*Boiled*: beef, 3½ hrs.; veal, 2½ hrs.; lamb, 1½ hrs.

Heart—*Boiled* (beef, calf, lamb or pork), 2 to 3 hrs.

Tripe—3 hrs. or until tender.

*For specially cured hams follow packer's cooking directions on label attached to ham.

TABLE III

BAKING TEMPERATURES AND TIME FOR PREHEATED OVEN¹

BATTERS AND DOUGHS

FOOD	TEMPERATURE	TIME (APPROXIMATE)	FOOD	TEMPERATURE	TIME (APPROXIMATE)
	<i>degrees F.</i>	<i>minutes</i>		<i>degrees F.</i>	<i>minutes</i>
Breads—Quick			Cakes, without fat		
Baking Powder			Angel Food	325	1-1¼ hr.
Biscuits	450	12-15	Sponge Cake	325	60
Coffee Cake	400	30	Jelly Roll	350	20
Corn Bread	400	30			
Fruit or Nut Bread	350	60	Cookies		
Muffins	425	20-30	Drop	375-400	8-12
Popovers	450 } then 350 }	20 15-20 }	Rolled	375	12
Breads—Yeast	400 }	20 }	Sliced	400	8
Bread	then 350 }	40-50 }	Macaroons	300	30
Coffee Bread	375-400	20-25	Meringues	275	45-60
Rolls	400-425	15-20	Ladyfingers	350	10-12
			Brownies	325-350	25-30
Cakes, with fat					
Cup	375	25	Pastry		
Layer	375	25-30	Pie Shells	450	15
Square	350	50	Tarts	450	12-15
Loaf (Deep)	325-350	1-1¼ hr.	Turnovers	450	15
Chocolate			Puff Pastry	450-500	5-8
Layer	350	25			
Square	325	60	Pies		
Fruit Cake (2" thick)			One-crust (unbaked) Custard type	450 } then 350 }	10 25-30 }
(steamed 1 hr. —then baked)			Meringues on cooked fillings	350	15
Light	250	15 min. per lb.	Two-crust Fruit Pies (Apple pies 10-20 minutes longer.)	450 } then 350 }	10 20-30 }
Rich	250	30 min. per lb.	Deep-dish Pies	450 }	10 }
(entirely baked)	275-300	40 min. per lb.	Meat Pies	450 }	15 }
Gingerbread	350	30	Pastry	then 350 }	30 }
Upside-Down Cake	350	50	Biscuit top	450	15-20
Tortes			Puff shells		
Layer	350	20	Cream Puffs and	450 }	15 }
Deep	350	50	Éclairs	then 350 }	20-25 }
Pound Cake	275-325	1-2 hr.			

¹A preheated oven is one that has been heated to the desired temperature before the food is placed in it.

Cold oven start.—Many foods can be baked successfully if started in a cold oven. When possible, follow the directions of the range manufacturer for each type of product. In general, add 5 to 20 minutes to the total baking time indicated for each product above; the time will vary with the type of food to be baked, the size of pan, the fuel used and the construction of the oven. This method of baking is comparatively new and still in the experimental stage, and research workers are not always in agreement. In general, we agree with those who find that the cold oven method gives comparable results with the preheated oven method in the baking of products such as yeast rolls and breads, quick breads in the form of loaves, sponge and angel-food cakes, fruit cakes, cream puffs and fruit pies; and with those who prefer the preheated method for baking powder biscuits, muffins, shallow cornbreads, butter cakes in layers, cookies and custard pies.

TABLE IV
TIME-TABLE FOR ROASTING MEAT,
POULTRY, FISH, GAME

KIND ¹	OVEN TEMPERATURES				TESTS FOR DONE- NESS OF MEAT		TIME PER POUND ³ (AP- PROX.)
	METHOD I			METHOD II CON- STANT	STAGE	IN- TERNAL ² TEMP.	
	SEARING TEMP.	SEARING TIME	REDUCED TEMP.				
	<i>degrees F.</i>	<i>minutes</i>	<i>degrees F.</i>	<i>degrees F.</i>		<i>degrees F.</i>	<i>minutes</i>
Beef ⁴ (Tender cuts)	500	20-30	300-325	325-350	Rare Medium Well done	140 160 170	18-20 22-25 30-35
Veal	500-525	15-20	260-325	300-350	Well done	180	20-30
Lamb and mutton	450-500	30	300-325	300-350	Medium Well done	170 180	25-30 30-35
Pork, fresh	500-525	15-20	300-325	325-350	Well done		
Large roasts						185	25-30
Small roasts, Rolled roasts }						185	40-50
Spare ribs (1 sheet)						—	1 hour
Stuffed (2 sheets)						—	1½ hours
Pork, cured							
Whole ham	—	—	—	275-300	Well done	160	
Average size							25-30
Large size							20-25
Tender Ham							15-20
Half ham	—	—	—			160	30
Ham ends Picnic butt }	—	—	—				40-55
Poultry						185	
Chicken	450-475	20-25	300-325	325-350	Well done	(thigh muscle)	22-30 ⁵
Roaster							
Capon							
Duck	450-475	15-20	300-325	325-350	Well done	—	20-25 ⁵
Duckling						—	15-20 ⁵
Goose	450-475	20-25	300-325	325-350	Well done	—	20-25 ⁵
Turkey	450-475	20-25	300-325	325-350	Well done	185	18-25 ⁵
Half turkey }						(thigh muscle)	

TABLE IV—CONTINUED

TIME-TABLE FOR ROASTING MEAT, POULTRY, FISH, GAME

KIND ¹	OVEN TEMPERATURES				TESTS FOR DONE- NESS OF MEAT		TIME PER POUND ³ (AP- PROX.)
	METHOD I			METHOD II (CON- STANT)			
	SEARING TEMP.	SEARING TIME	REDUCED TEMP.		STAGE	IN- TERNAL ² TEMP.	
	<i>degrees F.</i>	<i>minutes</i>	<i>degrees F.</i>	<i>degrees F.</i>		<i>degrees F.</i>	<i>minutes</i>
Guinea hen	450-475	20	300-325	—	Well done	—	18-20
Fish ⁴ (see note)							
Whole—large	500	10	400	375-400	Well done	—	10
Split or fillets	500-550	10-12 (total)	—	375-400		—	
Game							
Wild duck				450	Rare	—	15 (total time)
Goose	—	—	—	325-350	Well done	—	15-20
Wild turkey	—	—	—	325-350	Well done	—	20-25
Pheasant	—	—	—	325-350	Medium	—	15-20
Grouse	450	15	325-350	—	Well done	—	55-60 (total)
Quail	—	—	—	350	Well done	—	25-30 (total)
Rabbit and Squirrel	—	—	—	325-350	Well done	—	1½-1¾ hr. (total)
Venison	450	20	300-325	—	Rare Medium	170-175 175-180	20-22 24-27

¹See Tables XXI to XXVIII (pages 905 to 923) for retail cuts to use.

²Temperature in center of meat measured by meat thermometer.

³Searing time included; the smaller roasts require longer time per pound. If started in cold oven, add 15 minutes to total roasting time, adding this to searing time, if method I is used.

⁴Roiled rib roast—allow 5 to 13 minutes longer per pound for each degree of doneness; smaller roasts require the longer time per pound. For frozen foods, follow directions on package; in general, allow slightly longer per pound for smaller or boned roasts.

⁵According to age and size of bird; use shorter time for young birds and for heavy birds.

⁶Method I (one temperature); Method II (two temperatures). Time depends upon thickness of fish; for every pound over 4 pounds, add 5 minutes to total cooking time.

USING A THERMOMETER IN ROASTING

To use thermometer in open pan, see Rib Roast (225); to use thermometer with covered pan, insert bulb through side of meat and arrange so thermometer does not touch pan.

TABLE V

TIME-TABLE FOR BROILING, FRYING, BRAISING MEAT, POULTRY, FISH, SUNDRIES, GAME

KIND	RETAIL CUT ¹		METHOD OF COOKING	TEMPERATURE OF BROILER OR INTENSITY OF HEAT	COOKING TIME ² (APPROXIMATE)
	NAME	THICK- NESS			
Beef— tender	Tender steaks, tenderloin fillets	<i>inches</i> 1	Broil	Broiler, frying pan I. Two temperatures Sear at 500° F. Finish at 350° F.	<i>minutes</i> Rare 8-15 Medium 12-20 Well done 15-30
		1½	Pan-broil ³		
		2		II. One temperature Cook at 350° F.	Rare 15-25 Medium 20-30 Well done 25-40
		2	Plank, siz- z l i n g platter ⁴	Broil (500° F.)—10-25 min., then bake (450° F.)—10 min.	Rare 20 Medium 25 Well done 35
	Minute Cubed	¼-½	Broil Pan-broil	500° F.	Rare 3½ Medium 4 Well done 5
	Hamburg	1	Broil Pan-broil	I and II. See Steak (above)	
Beef—less tender	Round	1	Braise ⁵	Sauté—15 min., then simmer (185° F.) or bake slowly—1 hr.	Well done 1¼ hr.
	Flank		Braise	Sauté—15 min., then simmer (185° F.)—2 hr.	Well done 2¼ hr.
Veal	Rib and loin chops	1	Broil Pan-broil	Low heat—350°-375° F. (rubbed with fat)	Well done 15-20
	Steaks, cutlets	½	Fry	Sauté slowly—35 min.	Well done 35
			Braise	Sauté slowly—15 min., then simmer—20 min.	Well done 35
		1	Braise	Sauté slowly—15 min., then simmer—¾-1 hr.	Well done 1-1¼ hr.
		½	Fry	Sauté slowly (breaded)	Well done 30
Lamb and mutton	Tender chops	¾-1	Broil	I. Two temperatures Sear at 500° F. Finish at 350° F.	Medium 10-28 Well done 15-35
		1½	Pan-broil		

TABLE V—CONTINUED

TIME-TABLE FOR BROILING, FRYING, BRAISING MEAT, POULTRY, FISH, SUNDRIES, GAME

KIND	RETAIL CUT ¹		METHOD OF COOKING	TEMPERATURE OF BROILER OR INTENSITY OF HEAT	COOKING TIME ² (APPROXIMATE)
	NAME	THICK- NESS			
Lamb and mutton —c o n - tinued	Double	<i>inches</i> 2		II. One temperature Cook at 350° F.	<i>minutes</i> Medium 15-32 Well done 20-40
	Tender chops	$\frac{3}{4}$ -1	Fry	Moderate heat	Medium 12 Well done 18
Pork— fresh	Chops, steaks	1	Broil Pan-broil	Sear at 400° F., then fin- ish at 325° F.	Well done 20-25
		1	Fry	Sear quickly, then sauté slowly	Well done 20-25
		Double	Fry		Well done 30
		1	Braise	Sauté — 10 min., then simmer—30-40 min.	Well done 40-55
	Tenderloin	Double	Bake	Moderately slow (300°- 350° F.)	Well done 30-45
		1	Braise	Sear in fat (breaded), then cook	Well done 20-25
		Double	Braise		Well done 45
			Braise	Sauté — 15 min., then simmer or bake (350° F.)—15-25 min.	Well done 30-40
Pork— cured	Ham	$\frac{1}{4}$	Broil Pan-broil	Moderate (350° F.)	Well done 10
		$\frac{1}{2}$ - $\frac{3}{4}$	Fry	Sauté slowly (parboil if salty)	Well done 20
		1	Fry		Well done 30
		$\frac{1}{2}$	Braise (barbecue)	Sauté, spread with bar- becue, then simmer	Well done 25-30
	Bacon	Thin	Broil Bake	Moderately hot (425° F.)	Well done 5
	Salt pork	$\frac{1}{8}$ - $\frac{1}{4}$	Pan-broil	Pour off fat as it collects (parboil if salty)	Well done 10-15

TABLE V—CONTINUED

TIME-TABLE FOR BROILING, FRYING, BRAISING MEAT, POULTRY, FISH, SUNDRIES, GAME

KIND	RETAIL CUT ¹		METHOD OF COOKING	TEMPERATURE OF BROILER OR INTENSITY OF HEAT	COOKING TIME ² (APPROXIMATE)
	NAME	THICK- NESS			
Pork— cured— contin- ued	Sausage meat, link sausage	<i>inches</i> $\frac{3}{4}$ -1	Pan-broil	Pour off fat as it collects	<i>minutes</i> Well done 15
			Bake	Moderate (350° F.)	Well done 30
	Frank- furters		Broil	Moderate (350° F.)	Well done 8-10
			Pan-broil		
			Boil		Well done 5-8
Poultry Chicken	Broilers and Squabs	Split	Broil	I. Two temperatures Sear at 450° F. Finish at 325° F.	Well done 20-30
				II. One temperature Cook at 350° F.	Well done 25-35
			Fry	Sauté slowly	Well done 25-30
	Fryers (parboiled) 2 lb. 3 lb.	Cut in pieces	Broil	Moderate (350° F.)	Well done 30-40
			Fry	Sauté slowly	Well done 45
			Braise	Sauté slowly, then sim- mer	Well done 1 hr.
Duck	Duckling	Split	Broil	See Broilers I. and II.	Well done 20-30
Turkey	Baby	Split	Broil	Moderate (350° F.)	Well done 30-40
Pigeon	Squab	Split	Broil	Moderate (350° F.)	Well done 15-20
			Plank	Broil (350° F.) one side, then bake (450° F.)— 10 min.	Well done 20
Fish	Fillets		Broil	Hot (400°-450° F.)	Well done 6-12
	Slices		Broil		Well done 8-15
	Split	$\frac{2}{3}$ -1	Fry	Sauté quickly	Well done 10-20
	Swordfish		Plank	Bake hot (450° F.) on preheated plank	Well done 15-30
	Halibut		Broil	Moderately hot (375°- 400° F.)	Well done 8-10
	Shad Roe (parboiled)		Fry	Sauté quickly	Well done 8-10
Sundries Veal, lamb	Brains (parboiled)	Sliced	Fry	Sauté slowly	Well done 5-8

TABLE V—CONTINUED

TIME-TABLE FOR BROILING, FRYING, BRAISING MEAT, POULTRY, FISH, SUNDRIES, GAME

KIND	RETAIL CUT ¹		METHOD OF COOKING	TEMPERATURE OF BROILER OR INTENSITY OF HEAT	COOKING TIME ² (APPROXIMATE)
	NAME	THICK- NESS			
Sundries— continued		<i>inches</i>			<i>minutes</i>
Veal	Heart (sliced)	Thin	Fry	Sauté slowly	Well done 15
Veal, lamb	Kidney	Split	Broil Pan-broil	Moderate (350° F.)	Well done 10-15
Beef, pork	Kidney	Split	Braise	Sauté and simmer	Well done 20-30
Veal, beef, lamb, pork	Liver	½	Broil Pan-broil	(Rubbed with fat)	Well done 5-8
			Fry	Sauté slowly	Well done 5-8
Beef	Liver	Sliced	Braise	Sauté and simmer	Well done 20
Calf	Sweetbreads (parboiled)	Split	Broil	Hot (450° F.)	Well done 10
			Fry	Sauté quickly	Well done 10-15
Game				Hot (450° F.)	Rare 15
Wild ducks		Split	Broil	Moderate (350° F.)	(total time) Well done 15-20
Wild birds	Partridge	Split	Broil	Moderate (350° F.)	Well done 25-30
	Quail				Well done 10-15
	Grouse				Well done 25-30
	Pheasant				Medium 30-40
	Woodcock				Medium 15
Rabbit		Cut up	Fry	Sauté — 15 min., then reduce heat and cook, uncovered—30-40 min.	Well done 45-60
Venison	Tender cuts —loin or leg	½-¾	Broil Pan-broil	I. and II. See Steak (above)	Rare 7-10
	Cutlets	½-¾	Fry	Sauté quickly (breaded)	Rare 8-10

¹See Tables XXI to XXVIII (pages 905 to 923) for retail cuts to use.

²Time depends upon thickness of cut; for thickest cut use longest time given. For frozen foods, follow directions on package; or allow slightly longer time for total broiling or frying.

³To pan-broil lean meats, poultry, fish, or game, rub pan with fat or oil to prevent sticking and to give a well-browned surface.

⁴A platter of heavy, heat-resistant metal may be used in broiler or oven for cooking meat; or the platter may be heated very hot, and the cooked meat placed on it. *Meat is served at table from sizzling platter.

⁵To braise meat, sear, then simmer or bake, covered.

FATS such as lard, the hydrogenated fats, corn oil and cottonseed oil are commonly used for deep-fat frying, for they can be heated to a temperature high enough for this purpose without smoking or burning. If a fat contains foreign particles such as flour or crumbs, it will smoke at a lower temperature than normal, and each time it is heated it will smoke at a still lower temperature. Since fat at the smoking temperature is undesirable for deep-fat frying, the selection of the fat and the care given it are important. Do not overheat the fat and after it has been used, strain it through cheese cloth or a fine sieve to remove foreign particles.

Desirable equipment includes a flat-bottomed, straight-sided kettle deep enough to prevent the fat from boiling over. A convenient frying kettle with a special widening at the top designed for this purpose is illustrated on page 55. A frying basket, a large strainer, a skimmer, or a wire egg whisk should be used to lower the food into the fat and to lift it out. A shallow pan lined with absorbent paper or paper toweling should be ready to receive the food as it is taken from the kettle. A fat thermometer with a metal clip on the back is a great convenience.

Procedure. Fill the kettle about two-thirds full of fat. If a thermometer is used, hook the clip over the side of the kettle, so the bulb will be about half-way below the surface of the fat. If a thermometer is not available, have inch cubes of bread ready to make the practical tests for temperature. (See note—following table, page 35.) Heat the fat to the desired temperature. When the right degree is reached, lower food gently into the hot fat. As soon as the food rises to the surface of the fat, turn it at once and several times during cooking so it will keep its shape and brown evenly. When a golden brown, lift the food from the fat, drain over the kettle, then transfer it to the paper-lined pan so the excess fat will be absorbed.

The frying time depends upon the kind of food, the size of the pieces, and the temperature of the fat. Use the temperature and time table below as a guide.

Do not fry too much at one time, for the temperature of the fat is lowered as the food goes in; if it cools off too much, the food will require longer cooking and may be grease-soaked. Adjust burners to keep the fat near the desired temperature.

Shallow-Fat Frying. Many foods may be successfully fried in smaller amounts of fat. Use enough fat to cover the bottom of the kettle with a 1-to-2-inch layer, and fry as directed. It is more difficult to measure the temperature with a small amount of fat, and frying should be watched carefully.

TABLE VI

TEMPERATURE¹ AND TIME FOR DEEP-FAT FRYING

KIND OF FOOD	TEMPERATURE OF FAT	COOKING TIME (APPROX.)	KIND OF FOOD	TEMPERATURE OF FAT	COOKING TIME (APPROX.)
	<i>degrees F.</i>	<i>minutes</i>		<i>degrees F.</i>	<i>minutes</i>
Uncooked mixtures	350-370	1-5	Oysters, clams, scallops	375-380	2-5
Doughnuts	360-370	2-3			
Fritters	350-365	2-5	Wet, cold foods	380-390	2-6
Timbale cases	360-370	1-1½	Meats, cutlets or steaks	380-390	4-6
Chicken, young	350-365	10 ²			
Cooked mixtures	365-380		Vegetables		
Codfish balls	365-380	1-5	Eggplant	380	2-4
Croquettes	365-380	1-5	Onion rings	380	4-6
Fried pies	370	3-4	Potatoes, chips	380	3-5
Crabs, soft shell	375	3-4	French-fried	380	3-5
Fish (small, fillets)	370	3-6	Shoestring or Julienne	380-390	2-4
Frogs' legs	375-380	3-4			

¹When a fat thermometer is not available, the temperature of the fat may be tested by dropping a 1-inch cube of stale bread into the hot fat. If bread browns in 60 to 70 seconds, it is hot enough for uncooked mixtures (350°-370° F.); if it browns in 40 to 50 seconds, it is right for cooked mixtures (365°-380° F.); and if it browns in 30 to 40 seconds, it is hot enough for wet, cold foods (380°-390° F.).

When fat smokes, it has been overheated and changed, and it is no longer as desirable for deep-fat frying.

²Then bake 20-40 minutes (325°-350° F.). For older chickens, parboil before frying.

BATTERS AND DOUGHS

A CLASSIFICATION of batters and doughs (page 43) gives the proportions of basic ingredients used in batters and doughs. Each ingredient plays an important part in the finished product. If you have a recipe which you know is good "because it has been in the family for years," yet it does not produce quite the standard product you think it should, check it against the equivalent recipe in the table of classified batters and doughs.

There are several reasons why the recipe may not live up to expectations. It may not have sufficient baking powder for the amount of flour called for; or the sugar or shortening may be out of proportion. If the ingredients are given in correct amounts, then it may be that your standard of measurements is keyed differently from those in use when the recipe was developed years ago; or the ingredients you use may differ slightly in composition which would induce a comparable change in the finished product. One by one we shall discuss the part that each ingredient plays in batter and dough mixtures.

FLOUR

FLOUR forms the backbone of every batter or dough. Wheat flour is the most widely used. Besides starch, it contains two proteins—gliaden and glutenin—which form gluten when liquid is added. Wheat flour is the only cereal product that contains both these proteins. That is why it is so widely used for bread. The gluten is elastic and tenacious and stretches and holds the air as it is beaten in, or the gas as it is released by the yeast or other leavening agent used in the batter or dough, thus making the mixture porous and light.

Kinds of Flours. White or wheat flour is derived from the inner part of the wheat grain. Depending upon when and where the wheat has been grown and how the flour has been milled, we

have bread flour, pastry and cake flours, all-purpose or general purpose flour and whole wheat, entire wheat, or graham flour. 37

Bread Flour. Bread flour comes from "hard" or spring wheat and is so termed because it is high in a strong gluten. The quality and quantity of gluten vary in different species of wheat. A good bread flour is high in a gluten that is resistant to the prolonged action of yeast. Bread flour absorbs a greater amount of water than other flours. Real bread flour is almost entirely restricted to the commercial bakery field. It is seldom available to the housewife who prefers a good general purpose flour.

Pastry and cake flours are the product of "soft" or winter wheat. They contain more starch and less gluten than bread flour, and the gluten is less elastic and more delicate, and consequently these flours are less suitable for yeast breads. Cake flours are usually finer and more uniform than pastry flours.

All Purpose Flour is a term interchangeable with general purpose and family flour. They stand for the same thing—a blend of hard and soft wheats which yield a flour high in gluten, yet not as "hard" or as strong as the gluten in bread flour, nor as "soft" or weak as the gluten in pastry flour. All-purpose flour does not absorb as much water as bread flour, but it absorbs more water than pastry or cake flour. For all-around use, all-purpose flour is suitable for most batters and doughs including yeast breads. It is not generally recommended for very delicate cakes.

Whole wheat, entire wheat, and graham flours are terms used for flour ground from the whole wheat grain. This flour contains all the constituents of the cleaned grain in their natural proportions and is richer in minerals than white flour from which the outer, mineral-containing husks have been removed.

Bran is a by-product of whole wheat flour, consisting of the cellulose or outer husk and some of the endosperm.

- 38 *Self-rising flours* are usually made from a "soft" or winter wheat. They contain salt and a leavening agent and cannot be used in yeast breads. If substituted for flour in a quick bread recipe, the salt and baking powder should be omitted. Most self-rising flours are accompanied by complete directions for making a number of different products from the original mixture.

Rye flour more nearly resembles wheat flour in protein content than any other flour, but lacks glutenin, the protein that makes for elasticity. Rye flour can be used alone in yeast breads, but makes a lighter, more porous loaf when combined with wheat flour.

Buckwheat flour is made from the finely ground buckwheat kernel. It may be used alone, or with wheat flour in making griddlecakes and waffles. Self-rising buckwheat flours are on the market and popular for quick-made and quicker-to-eat griddlecakes.

Cornmeal contains no gluten and is made by grinding corn to various degrees of fineness. "Old process" or "water ground" cornmeal is usually the product of white corn. It retains much of the skin and germ and for that reason becomes rancid more quickly. "New process" cornmeal is the product of either white or yellow corn and the skin and germ are largely removed in milling.

Oatmeal is a cereal sometimes used in breads in combination with flour. It consists of the bulk of the germ and considerable parts of the outer layers of the kernel. That made from hulled oats is used extensively in Scotland. Rolled Oats—made by rolling the steamed kernels so that they are flattened—is consumed extensively in America as a breakfast food.

Rice flour is milled from the original rice kernel and is very fine and white. It is used largely in fancy cakes, cookies, and

quick breads. It is often used to replace wheat flour in special diets when an idiosyncrasy to wheat flour exists. 39

Lima bean flour comes from the pulverized, dry lima bean, with or without the seed coat. It is high in protein but not the kind of protein that makes good baked goods. Consequently, lima bean flour is used with white flour in the proportions, one part bean to four or five parts white flour.

Soybean flour comes from the soybean and is milled with or without the seed coat. Like the soybean, it is high in protein and fat, vitamin B, calcium and iron. Soy flour made from the "pressed cake" has most of the fat removed.

LEAVENING AGENTS

LEAVENING agents are classed as physical, chemical, and biological leavens. One or several are used in all batters and doughs. They make the product light and affect the grain and texture as they expand with heat. If under-leavened the product peaks at the top and the crust is tough; the grain is close, compact and bready. If over-leavened, a product may fall; the crust is likely to be gummy, the grain coarse and irregular, and the crumb dry and crumbly.

Physical leavens include water vapor or steam, and air. Water vapor is formed when the mixture is heated and some of the liquid changes to steam. At high temperatures this release of vapor or steam is a powerful leavening agent as exemplified in the "popping" of popovers or cream puffs. Air is incorporated during beating, folding, or kneading, and is captured and held by the gluten in flour and protein in egg whites and yolks. Air expands as it is heated, and hence leavens a mixture.

Chemical leavens are of two general kinds: (a) baking powders containing baking soda (sodium bicarbonate) and some acid-reacting material; (b) baking soda with sour milk or molasses.

40 (a) *Baking Powders.* They are classified according to their acid part, as: tartrate, phosphate, and combination or sodium aluminum sulphate-phosphate powders. Some baking powders react more quickly than others. A tartrate baking powder reacts rapidly and completely in the cold (at room temperature when liquid is added). A phosphate baking powder acts more slowly than a tartrate powder in the cold, yielding approximately two-thirds of its gas, and the remaining one-third on heating. A combination or S.A.S.-phosphate baking powder reacts more slowly than either a tartrate or a phosphate baking powder, releasing one-fifth to one-third of its gas in the cold, and the remainder on heating. Due to the difference in rate at which baking powders give off gas, it is best to adjust the amount of a specific brand of baking powder according to the manufacturer's directions. In the recipes in this book, a compromise amount has been used— $1\frac{1}{4}$ to $1\frac{1}{2}$ teaspoons of any brand of baking powder per cup of sifted flour.

(b) *Baking Soda and Sour Milk or Molasses.* Baking soda, $\frac{1}{2}$ teaspoon to 1 cup sour milk or $\frac{1}{2}$ cup molasses gives as much leavening power as 2 teaspoons baking powder. In other words, that amount will leaven $1\frac{1}{2}$ to 2 cups of flour. Baking soda should be mixed and sifted with the flour. If added to the liquid much of the gas escapes as soon as the two are combined. Unless milk is fully soured, it is sometimes best to use $\frac{1}{4}$ teaspoon of soda, and add 1 teaspoon of baking powder for each cup of sour milk used. Products containing soda as the principal leavener bake best at slightly lower temperatures, especially the sweeter mixtures, which are likely to burn at the higher temperatures.

Biological Leavens. Yeast and bacteria are included in this group of leavening agents.

Yeast. Under ideal temperature conditions the microscopic, one-celled yeast plants multiply rapidly in the presence of a small

amount of sugar and moisture. Carbon dioxide is liberated which helps leaven the dough. At the same time, enzymes in the flour act upon the starch to change it into sugar, so that the release of carbon dioxide and its end product, alcohol, is continuous. Yeast acts best at a temperature of 80° to 85° F. It is commonly used either as compressed yeast or dry yeast.

Compressed yeast is in an active state; it is mixed with starch to a paste and reacts quickly in the presence of moisture, sugar, and heat.

Dry yeast is in the inactive, dried state and is combined with cornmeal. Under favorable conditions the yeast changes from the spore to the active form.

Bacteria. Salt-rising bread depends for leavening on the action of a certain species of bacteria ordinarily found in cornmeal. This method of leavening is limited in use. See recipe (page 132) for salt-rising bread.

Other ingredients used in batters and doughs include salt, sugar, eggs, liquid and shortening, in varying amounts. *Salt* adds flavor and helps to bring out the flavors of other ingredients. *Sugar* adds flavor, produces a more tender product and affects the grain. Too little sugar produces a bready product; too much sugar, a sugary and gummy crust, coarse grain and sticky, moist crumb. Fine granulated sugar creams best with shortening. Powdered sugar tends to produce a dry product.

Eggs. As the protein in eggs stretches and coagulates on heating, it serves to hold the air and makes a product light.

Liquid is essential to a batter or dough mixture. The amount used in proportion to the flour determines the thickness or stiffness of the batter or dough. Milk if substituted for water in a recipe may stiffen the mixture because of the small amount of solids the milk contains. Usually a tablespoon extra of milk to

- 42 each cup of water called for should be allowed. Evaporated milk may be substituted for whole, fresh milk when diluted in proper proportions. Condensed milk contains sugar and therefore cannot be substituted for whole milk without making adjustment in the amount of sugar. Molasses and honey, because of their small water content, can only be substituted for sugar if a comparable change is made in the amount of liquid (page 45).

Shortening is the term applied to one of several kinds of fats in a batter or dough and is so named because of its ability to render the mixture "short" or more tender. Butter, lard, vegetable oils, oleomargarine, hydrogenated fats, bacon, salt pork fat, and suet are commonly used. Fats differ in shortening powers. In general, the greater the plasticity, or workability of the fat, the greater its shortening power. Lard has a greater shortening power than most fats. Oils, on the other hand, being liquid, lack plasticity and hence must be combined somewhat differently in a mixture if good results are to be obtained. In most recipes the solid fats are used interchangeably.

Mixing of Batters and Doughs. Directions for mixing all batters and doughs by hand are given with each specific recipe. Most recipes can be mixed equally well by machine. It is always wise to follow the directions that come with a mixer, for a definite technique, specific for each type of recipe, has been developed. In general, the hints on machine mixing given for cakes (page 539) can be followed for recipes of the same type. There is a greater danger of overbeating than underbeating. A rubber spatula or scraper is an indispensable tool for scraping the ingredients from the sides of the bowl while the mixer is in operation. With a stiff mixture, as in dough for breads, it may be necessary to retard the rotation of the bowl for thorough mixing.

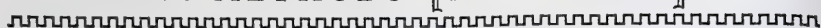
TABLE VII

CLASSIFICATION OF BATTERS AND DOUGHS

PROPORTIONS OF INGREDIENTS BASED ON 1 CUP SIFTED FLOUR¹

TYPE OF MIXTURE	RECIPE	BAKING POWDER ²	SUGAR	EGGS	LIQUID (MILK)	SHORTENING
<i>Batters</i>		<i>t.</i> ³	<i>T.</i> ³		<i>c.</i> ³	<i>T.</i>
Thin or pour ($\frac{3}{4}$ -1 c. liquid)	Popovers	—	—	2	1	1
	Timbale cases	—	—	2	1	1
	Rosettes	—	1 t.-1	2	(about) 1	1
	Cover Batter (vegetables, meats)	—	—	1-2	(about) $\frac{3}{4}$ -1	1
Medium ($\frac{2}{3}$ -1 c. liquid)	Cover Batter, sweet (fruits)	1	1	1-2	$\frac{2}{3}$	1 t.
	Griddlecakes	$1\frac{1}{2}$	0-1	0-1	$\frac{2}{3}$ -1	1-2
	Waffles	$1\frac{1}{2}$	1	1-1 $\frac{1}{2}$	$\frac{2}{3}$ +	2-4
Stiff or drop ($\frac{3}{8}$ - $\frac{1}{2}$ c. liquid)	Fritters	$1\frac{1}{2}$	0-1	1	$\frac{1}{2}$	$\frac{1}{2}$ -1
	Muffins	1-1 $\frac{1}{2}$	1-2	$\frac{1}{2}$ -1	$\frac{1}{2}$	1-2
	Cake (plain)	1-1 $\frac{1}{2}$	$\frac{1}{2}$ - $\frac{3}{4}$ c.	$\frac{1}{2}$ -1 $\frac{1}{2}$	$\frac{1}{3}$ - $\frac{1}{2}$	$\frac{1}{8}$ - $\frac{1}{4}$ c.
<i>Doughs</i>						
Soft ($\frac{1}{8}$ - $\frac{3}{8}$ c. liquid)	Doughnuts	1	3-4	$\frac{1}{2}$ -1	$\frac{1}{4}$	$\frac{1}{2}$ - $\frac{3}{4}$
	Baking Powder Biscuits	$1\frac{1}{2}$	0-1 t.	—	$\frac{1}{4}$ - $\frac{1}{3}$	1-3
	Quick breads	$1\frac{1}{2}$	1-3	$\frac{1}{3}$ -1	$\frac{1}{4}$ - $\frac{1}{3}$	0-2
	Cream Puffs ⁴	—	—	4	1 (boiling water)	$\frac{1}{2}$ c.
Stiff (1-4 T. liquid)	Cookies	$\frac{3}{4}$	$\frac{1}{4}$ - $\frac{1}{2}$ c.	$\frac{1}{2}$	1-2 T.	$\frac{1}{8}$ - $\frac{1}{4}$ c.
	Pastry	—	—	—	1-3 T. (water)	$\frac{1}{4}$ - $\frac{1}{3}$ c.
	Beaten Biscuits	—	—	—	2-3 T.	2-3
	Bread—No ingredients listed— (yeast) for every cup of liquid.	—	from 3-4 cups flour are used	—	—	—

¹Salt has been omitted; the amount varies from $\frac{1}{8}$ - $\frac{1}{2}$ teaspoon in the different recipes.²The amount of baking powder varies with type of mixture. The quantities stated will give satisfactory results with all types of powders.³The letter c. stands for cup; the small letter t., for teaspoon; the capital letter T., for tablespoon.⁴The proportion of liquid to flour (1 cup) is 1:1 but the flour, fat and water are cooked together to a stiff dough.



SUBSTITUTIONS AND BASIC PROPORTIONS

44

Flour Substitutions

For 1 cup flour (all-purpose flour) use:

Cake or pastry flour	1 cup + 2 tablespoons
Bran $\frac{1}{2}$ or $\frac{3}{4}$ cup + $\frac{1}{2}$ or $\frac{1}{4}$ cup flour	
Cornmeal $\frac{1}{3}$ or $\frac{1}{2}$ cup + $\frac{2}{3}$ or $\frac{1}{2}$ cup	"
Rice flour $\frac{1}{2}$ or 1 cup + $\frac{1}{2}$ or no flour	
Rye $\frac{1}{2}$ or 1 cup + $\frac{1}{2}$ or no	"
Soybean $\frac{1}{4}$ or $\frac{1}{3}$ cup + $\frac{3}{4}$ or $\frac{2}{3}$ cup	"
Whole wheat flour $\frac{1}{2}$ or $\frac{3}{4}$ cup + $\frac{1}{2}$ or $\frac{1}{4}$ cup	"

For 1 cup cake or pastry flour use:

All-purpose flour $\frac{7}{8}$ cup

Leavening Proportions

$\frac{1}{2}$ to 1 cake of yeast, depending on the length of time allowed for rising, will leaven 3 cups sifted flour

$1\frac{1}{2}$ teaspoons baking powder will leaven 1 cup sifted flour

$\frac{1}{2}$ teaspoon baking soda and 1 teaspoon cream of tartar will leaven 1 cup sifted flour and can be substituted for baking powder

$\frac{1}{2}$ teaspoon baking soda will neutralize 1 cup sour milk or buttermilk and leaven 1 cup flour

$\frac{1}{2}$ teaspoon baking soda will neutralize $\frac{1}{2}$ cup molasses and leaven 1 cup sifted flour.

Baking powder, in proper proportion, is often added to recipes calling for baking soda and sour milk or molasses if a need for additional leavening is indicated.

Liquid to Flour in Batters and Doughs (See page 43)

Milk Substitutions

For 1 cup fresh sweet milk use:

Evaporated $\frac{1}{2}$ cup + $\frac{1}{2}$ cup water

Condensed Contains added sugar; keep for special uses.

Sour milk or

buttermilk 1 cup + $\frac{1}{2}$ teaspoon baking soda

Skim 1 cup + 2 teaspoons fat

Water 1 cup or 1 scant cup

¹Baking powders vary as to type. These are compromise proportions and should give satisfactory results with all types of powders. In cakes, the total amount of baking powder is reduced approximately $\frac{1}{2}$ teaspoon for each egg used. The leavening produced by neutralizing $\frac{1}{2}$ teaspoon baking soda with an acid (sour milk, molasses, cream of tartar, etc.) is equivalent to the leavening of $1\frac{1}{2}$ to 2 teaspoons baking powder.

Sugar and Syrup Substitutions¹

Based on 1 cup granulated sugar:

Brown sugar.....	1 cup, firmly packed				
Honey ²	$\frac{3}{4}$ cup for sweetness, reduce liquid				
Molasses ²	$1\frac{1}{2}$ cups “ “ “ “				
Sorghum ²	$1\frac{1}{2}$ cups “ “ “ “				
Syrups ²					
Corn.....	2 cups “ “ “ “				
Maple.....	$1\frac{1}{2}$ cups “ “ “ “				

It is best to use syrups only in recipes developed for them.

Shortening Substitutions

For 1 cup butter, in most recipes,³ use:

Hydrogenated fats	1 cup
Lard	1 cup
Margarine.....	1 cup
Oils.....	Best to use recipes developed for this type of fat.
Cream	Add both fat and liquid; best to use recipes developed for cream.

Chocolate and Cocoa Substitutions

For 1 square chocolate (1 oz.) in batters and doughs use:

$\frac{1}{4}$ cup (4 tablespoons) cocoa. In cake and cooky mixtures, add $1\frac{1}{2}$ teaspoons shortening for each $\frac{1}{4}$ cup cocoa used. It may also be necessary to reduce the flour or increase liquid slightly.

For 1 cup liquid in beverages use:

$\frac{1}{4}$ to $\frac{1}{2}$ square chocolate, or
2 to 3 teaspoons cocoa

¹Substitute sugars and syrups by weight when possible. See page 939 for approximate weights of various sugars and syrups.

²Honey, syrups and molasses are not usually used to replace all the sugar in a recipe, especially in cakes. They vary in sweetness and it is necessary to adjust for same. Corn syrup, maple syrup, sorghum and molasses are less sweet than sugar; honey is sweeter. Additional liquid is also added when these substitutions are made, and it is therefore necessary to decrease the amount of liquid originally called for. With honey, reduce liquid $3\frac{1}{2}$ tablespoons for each cup honey used; for the others, reduce liquid about $\frac{1}{4}$ cup.

³For cakes very high in fat, it is sometimes necessary to reduce amount of lard or hydrogenated fats by about 2 tablespoons per cup.

TABLE VIII
SYRUPS, FROSTINGS, AND CANDIES

TEMPERATURES AND TESTS FOR STAGES

PRODUCT	TEMPERATURE ¹	TEST FOR HARDNESS		REMARKS
		STAGE	DESCRIPTION	
Syrup	<i>degrees F.</i> 228-234	Thread	Spins a thread when dropped from spoon. Thread finer and longer as temperature increases	Table use
Fudge, panocha, frosting ² , fondant	234-240	Soft ball	Soft ball in cold water; flattens on removal	On rainy and humid days, boil to the higher temperature
Caramels (candy)	244-248	Firm ball	Firm ball in cold water; holds its shape on removal	Sometimes divided and one part cooked to the higher temperature
Divinity, nougat, popcorn balls, salt-water taffy	250-265	Hard ball	Hard ball in cold water; plastic and chewy on removal	See remarks for fudge, etc.
Butterscotch, taffies or pulled candies	270-290	Crack	Separates into heavy threads in cold water; plastic and bends on removal	Become lighter with pulling due to air bubbles
Brittle, glacé, barley sugar	295-310	Hard crack	Threads; hard and brittle on removal from water	Sugar liquefies and caramelization may begin
Caramel or burnt sugar	315-338	Clear to brown liquid	Becomes darker with higher temperatures; very hard on cooling	At higher temperatures it loses sweetness and is used for coloring

¹Temperatures for definite stages of hardness vary with ingredients in syrup. With much corn syrup, the definite stages are obtained at the lower temperatures; cook fudge and fondant to the higher temperature to avoid long beating. Temperatures indicated are at sea level.

²For boiled frosting made with 2 eggs, cook syrup to 238° F.; for 3 eggs, to 244° F.

Equipment. Use a two-quart saucepan for average recipe; a fork wrapped with cloth and moistened slightly for washing down crystals from sides of pan; a candy thermometer with adjustable clip, or a plain thermometer calibrated to read at least 400° F.; cold water, cup and spoon for cold-water tests.

Procedure. Boil, covered, 2 to 3 minutes to wash down crystals on sides of pan; then boil, uncovered, to desired stage of hardness. Take thermometer readings or make cold-water tests at frequent intervals, removing kettle from fire while testing. Pour syrup from saucepan and do not scrape pan.

TABLE IX

EQUIVALENT MEASURES AND WEIGHTS

MEASURES (LEVEL)		WEIGHTS ¹	
STANDARD	EQUIVALENT	OUNCES	GRAMS
Dash	Less than $\frac{1}{8}$ teaspoon	$\frac{1}{2}$ (fluid)	
1 teaspoon	$\frac{1}{3}$ tablespoon		
1 tablespoon	3 teaspoons		
$\frac{1}{4}$ cup	4 tablespoons		
$\frac{1}{3}$ cup	$5\frac{1}{3}$ tablespoons		
1 cup	16 tablespoons	8	226.8
1 cup	236.5 cubic centimeters (cc.)		
1 pint	2 cups	1 lb.	453.6
1 quart	2 pints	2 lb.	907.2
1 gallon	4 quarts	8 lb.	
1 liter	1.05 quarts (U. S. liquid)		
1 liter	.905 quart (U. S. dry)		
1 liter	1000 cubic centimeters (cc.)		

¹One ounce equals 28.35 grams; one kilogram equals 1000 grams or 2.2 lb.

TABLE X
THICKENING POWERS OF STARCHES AND
PROTEINS¹

SAUCES		PUDDINGS		CUSTARDS	
INGREDIENTS	AMOUNTS (AP- PROX.)	INGREDIENTS	AMOUNTS (AP- PROX.)	INGREDIENTS	AMOUNTS (AP- PROX.)
(1 cup milk)	T. ³	(1 cup milk)	T. ³	(1 cup milk)	number
Flour ² —thin	1	Flour—creamy	3	Sauce or baked cup	
medium	2	molded	3¾-4½	custard—soft	
thick	4	Cornstarch—		Eggs—whole	1
Dry bread crumbs	1 cup	creamy	1	yolks	2
—thick		molded	1¼-1½	whites	2
(fondue)		Cornmeal—		Baked cup custard	
Tapioca—quick-		molded	2-3	—molded	
cooking—thick	3-4	Rice flour—		Large baked cus-	
(omelets, soufflés,		creamy	1½	tard—soft	
croquettes)		molded	2	Eggs—whole	1½
		Arrowroot—		yolks	3
		creamy	1	whites	3
		molded	1¼-1½	Large baked cus-	
		Tapioca—quick-		tard—molded	
		cooking—creamy	¾-1¼	Eggs—whole	2
		pearl—creamy	2	yolks	4
		Rice—creamy	1-2	whites	4
				Gelatin—molded	½ T.
				(dessert or aspic)	

¹In many recipes starch and egg are used together. This table can serve as a guide in making dishes, such as wheatless or eggless puddings and sauces, for special diets.

²All-purpose flour; for pastry or cake flour, add approximately ¼ teaspoon for every 1 tablespoon of all-purpose flour. Browned flour has approximately one-half the thickening power of the original flour.

³T. stands for tablespoon.

Making the Most of Recipes

A RECIPE that may be depended upon to work favorably under any circumstances is a constant source of satisfaction to the homemaker. But such recipes do not just happen; they are the result of the careful work that goes into their development.

Nearly every cook has her favorites that have become dog-eared with use. She would venture to try out more of the wealth of "tested" recipes now at her disposal, if she had some definite means of evaluating their worth and their possibilities for success. To aid her, this book features, in each recipe section, a number of basic recipes which may serve as patterns for new recipes of the same type. She may compare the quantities of ingredients and the method of procedure in the unknown recipe against the basic pattern and so eliminate many trials and errors. Once the principles of a basic recipe are learned, the homemaker is well on the way to mastering the more complicated formulæ.

HOW TO APPROACH A RECIPE

No RECIPE, no matter how carefully worked out, will give perfect results if it falls into careless hands. An experienced worker does not approach it in a casual fashion. She is critical of the formula; she reads it through carefully and tries to visualize the directions,

MAKING THE MOST OF RECIPES

50 each step of the way. She realizes that each recipe is essentially a chemical formula, delicately balanced and sensitive to change, and so appreciates the necessity for accuracy.

With the order of procedure determined, the work should be so organized that once it is started it can be completed without undue interruptions. A well-edited recipe offers a logical working approach which falls into three main steps.

1. *Assemble the ingredients* for the recipe. Use those suggested; they have been chosen because they are best suited for the dish to be made. For best results in baking, butter, eggs and milk should not be too cold. Let them stand at room temperature a short time before they are used.

2. *Assemble the equipment* needed for measuring, mixing, cooking, or baking—spoons, cups, bowls, pans, etc. If baking pans are to be used, prepare them as directed in the recipe. And a word about utensils. It is admittedly a truism, but a good workman is known by his tools. Sometimes it is necessary to use the equipment on hand, but more often than not the homemaker has control over the type and quality of the equipment she uses. Sturdy tools that will do their job efficiently are a sound investment, and make the work much easier. In the section, "The Well-Equipped Kitchen" (page 898), useful equipment is listed.

3. *Light the oven* if a preheated oven is to be used.

HOW TO FOLLOW A RECIPE

Use level measurements. They are the basis of all modern recipes. Standard measuring cups, graduated to read $\frac{1}{3}$ and $\frac{2}{3}$ on one side, and $\frac{1}{4}$, $\frac{1}{2}$ and $\frac{3}{4}$ on the other, and sets of measuring spoons consisting of 1 tablespoon, 1 teaspoon, $\frac{1}{2}$ and $\frac{1}{4}$ teaspoons, will eliminate guess work and simplify one of the most important steps in following a recipe. Some measuring cups designed for liquid have an extra rim above the one-cup mark, but should not be used for measuring those ingredients which must be leveled



TOOLS OF THE TRADE

- Top Row:** (*right to left*) Marked aluminum and glass measuring cups; cup-pint-quart measure; graduated cups; standard measuring spoons.
- Second Row:** (*back*) Oven thermometer; electric time switch; refrigerator thermometer; (*front*) candy, meat, and deep-fat frying thermometers.
- Third Row:** Set of aluminum saucepans marked for cup, pint, and quart measure.
- Bottom Row:** Household beam scale weighs in ounces and pounds; spring scale weighs in grams and ounces.

- 52 off. Procedure for measuring various ingredients has been well established, and should be carefully adhered to.

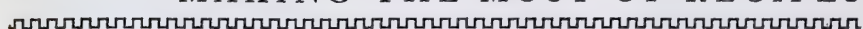
To Measure Flour. Always sift all flours, except whole wheat and bran, once before measuring. To measure one cup of flour, pile sifted flour lightly into measuring cup with scoop or spoon, then level off top gently with spatula or straight edge of knife.

Never Pack Flour into Cup. To measure fractions of a cup of flour, lift it lightly into the cup until slightly above desired fraction mark; then cut surface of the flour gently toward fraction line with edge of teaspoon. For $\frac{1}{4}$ or $\frac{1}{3}$ cup of flour, it may be easier to measure by tablespoons (see table of equivalents, page 47).

To Measure Shortening. With bulk shortening, measure by tablespoons for amounts of $\frac{1}{4}$ cup or less; for larger amounts use a measuring cup. To measure a spoonful of fat, pack it solidly into spoon, then level off with spatula or knife. To measure by cup, pack the shortening in so solidly that it will hold the shape of the cup when turned out; then level off. For fractions of cup, pack solidly to the desired fraction mark.

Two other satisfactory methods for measuring shortening are often used. The *water displacement method* is more clearly described by using a definite measurement. For $\frac{1}{2}$ cup of shortening, fill cup half full of cold water, add shortening until the water reaches the top of the cup, then drain off water. The remaining shortening measures the correct amount. This method may be used for any fraction of a cup. *To measure from a pound print* is an easy matter if one is familiar with the relation between pound and cup. One-half pound equals 1 cup; a $\frac{1}{4}$ -pound stick equals $\frac{1}{2}$ cup.

To Measure Sugar. For white sugar, fill the cup and level off as for flour. Never heap the cup nor scant the measure. For brown sugar, pack it into the cup so firmly that the sugar, when turned out, will hold the shape of the cup.



To Measure Baking Powder. Baking powder is a delicate leavening agent and should be measured accurately. Too much or too little may give definitely inferior results in baking. Dip the measuring spoon into the can, bring it up heaping full, then level off lightly with a spatula or edge of knife. *Never level off on the rounded edge of the can.* Baking soda, cream of tartar, spices, and all dry ingredients used in small quantities are measured in this way. 53

To Measure Liquids. For one cup of liquid set the cup on the table and fill brimming full. For fractions of a cup, fill carefully to the desired mark. To measure by spoonfuls, fill them brimming full. Sticky liquids, as molasses, honey and syrups, should be poured from the container into the cup or spoon, or dipped out with another spoon. Do not dip the measuring spoon into the can, for the sticky liquid will cling to the underside and cause inaccurate measurements.

For very accurate experimental work, ingredients are weighed in grams and measured in centimeters; in large quantity cookery, pounds, ounces and pints are used. Many foreign recipes are given in weights. The relation between weights and measures is given in Table IX (page 47).

Follow Technique Given. There are different ways of combining ingredients, but in the well-developed recipe the procedure given has been chosen because of its merits and made as simple as possible. It should be followed carefully. Descriptive definitions of many of the ingredients and processes used in cooking and baking are given in the section on Cookery Methods (page 18). The average cook may be conscientious the first or second time she uses the recipe and obtain the results she should, but it requires patience to be as careful the tenth time as the first.

Cook or Bake as Directed. The directions for cooking and baking are definite. Cooking time or baking time and temperatures

MAKING THE MOST OF RECIPES

54 are given in each recipe and have also been assembled in various tables (page 26) for easy reference. But because the intensity of the heat or the oven may vary, it is often necessary to test for doneness by physical means. These, too, are included in the recipe or at the head of a recipe section. Thermometers—for baking, for deep-fat frying, or candy-making—also make for success.

The way a finished product is handled is important. Directions for removing from the pan, for molding, chilling, etc., are incorporated in the recipes in this book.

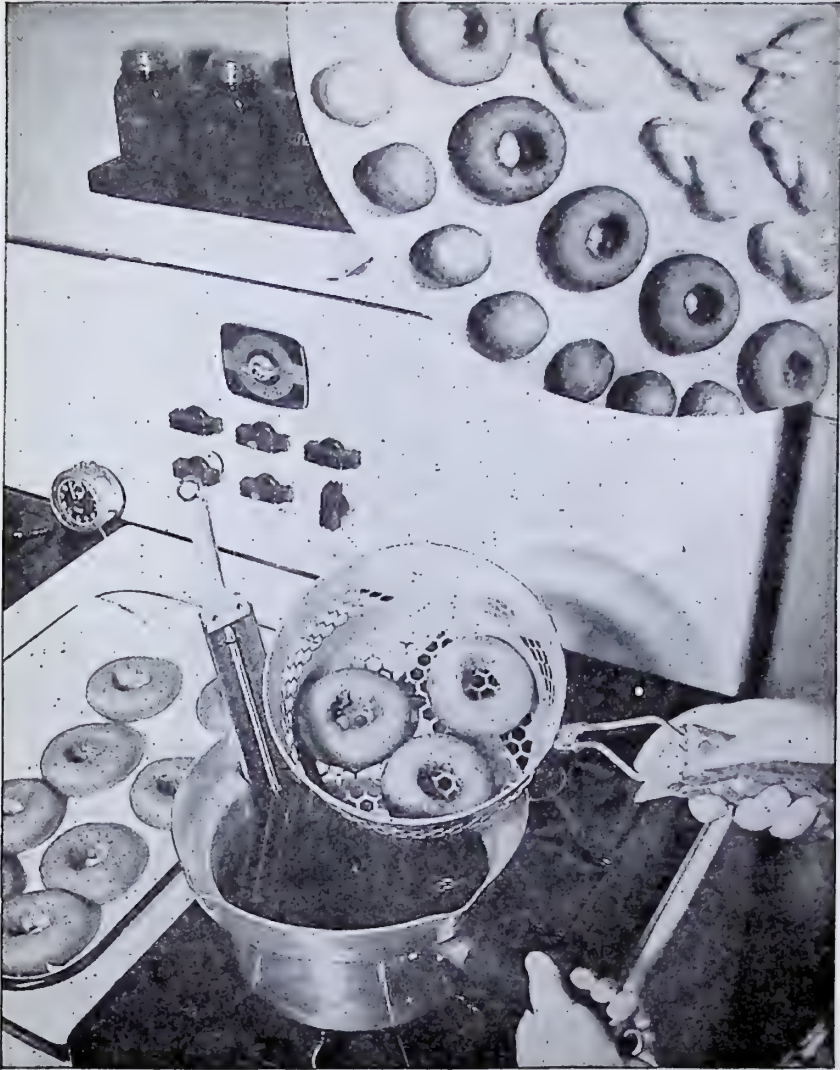
HOW TO MAKE SUBSTITUTIONS IN RECIPES

OCCASIONALLY a homemaker may want to make substitutions for some of the ingredients used in a recipe—to use sour milk or canned milk in place of sweet fresh milk, to replace brown sugar with white, to use another flour in place of part or all of the wheat flour specified, etc. Naturally any change in a recipe is an experiment, but if substitution rules are known and followed, these changes may usually be made successfully. Liquid, egg, the leavener, and the proportions of flour and sugar are definite in amounts, but often may be replaced with other ingredients when necessary changes are made throughout the whole recipe. Flavorings, spices and dried fruits are more easily replaced or dispensed with entirely. One shortening may be used for another in most recipes.

In the section, "What to Buy" (page 903) equivalents per pound are given for many ingredients, such as fruits, vegetables, nuts, flour, cereals, sugar, syrups, liquids, fats and eggs, and this information will be helpful in making substitutions. On pages 44 and 45 the approximate equivalents for substituting one ingredient for another have been assembled.

HOW TO REDUCE RECIPES

Most of the basic recipes given in this book are for 6, and many of them can be reduced very easily to serve two, three or four



DOUGHNUTS: TWISTS, ROUND-HOLE AND BALLS— FRIED IN DEEP FAT

The right tools and the correct cooking temperature with a balanced recipe, correctly mixed (page 606) produce light, tender doughnuts. The deep, aluminum kettle is light enough to lift easily. A broad-lipped rim provides room for the fat to bubble up without boiling over. The fat-frying thermometer fits firmly into a grooved pocket and clamps tightly to the sides of the kettle. The metal basket is smooth and easy to clean.

MAKING THE MOST OF RECIPES

- 56 by using only $\frac{1}{3}$, $\frac{1}{2}$ or $\frac{2}{3}$ of the amount of each ingredient listed. These figures, once determined, should be written in the margin beside the recipe so they can be referred to easily then and later.

There are, however, a few things to be kept in mind when reductions are made. First of all, choose a recipe in which the amounts of ingredients may be divided easily by the desired fraction. The relation between standard cups, tablespoons and teaspoons is given on page 47 and will be helpful in determining how to measure the smaller quantities. It is difficult to divide baking powder or baking soda in amounts of less than $\frac{1}{4}$ teaspoon. A small or pullet egg, or an egg yolk or egg white may be used when the divided recipe calls for $\frac{1}{2}$ egg. More liquid may have to be added in some recipes if a large pan is used for cooking a small amount of material. It is almost impossible to make a very small amount of boiled or seven-minute frosting successfully; it would be much wiser to devise some way of using up the larger quantity of frosting, or to use an uncooked frosting instead.

HOW TO INCREASE A RECIPE

For the average homemaker, it is usually unwise to make more than twice the recipe at a single time. If an even larger amount is required, more time and trouble will be saved by making a double batch the number of times necessary, than to struggle with the greater quantities of ingredients in household size equipment.

When a recipe is doubled, the amount of all ingredients should be multiplied by two. The cooking time, however, is not always increased, for usually the larger quantity is baked in two pans instead of one, or a larger pan of no greater depth. Evaporation influences the consistencies of frostings and jellies. Here again it is advisable not to more than double a frosting recipe and to use about 4 cups of fruit juice at a time in making jelly.



Short Cuts in Cookery. There are times when short cuts in the preparation of foods are necessary and desirable. Time can be saved by cooking over direct heat, in place of a double boiler, providing a mixture is stirred constantly and an asbestos mat is used beneath the pot to prevent scorching. Vegetables or meats can often be cut fine to allow quick penetration of heat, thus speeding up the cooking period. Baked foods may be prepared in individual dishes, or in two small rather than one large pot or pan, to shorten the cooking period. 57

Certain cake batters can be stored and baked on successive days to provide fresh cake for several days. Cooky dough can be divided into thirds or fourths and different ingredients, such as nuts, chopped fruits, coconut, chocolate and spices may be added to each part to furnish variety with the minimum expenditure of time. Cooky dough can also be stored in the refrigerator and baked as needed.

The night before griddlecakes or hotbreads are to be used, the dry ingredients can be measured and combined and the liquids measured ready to be put together in the morning. Biscuit doughs and muffins can be prepared and stored in the refrigerator $\frac{1}{2}$ hour before baking. If stored too long they lose in volume and quality. Left-over griddlecake or waffle batter can be stored for several days in a refrigerator. Commercially prepared mixes also cut many corners for the homemaker in the day's preparation of meals.

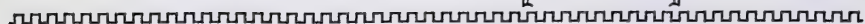
Fruits

FRUITS lead a cosmopolitan existence. A liberal education awaits the one who traces their origin, migratory habits, and uses in different parts of the world. We take for granted the citrus fruits. Yet the patriarch of the group, the orange, traces its lineage back to early centuries in far-away India and China. Tropical fruits like the papaya, the lesser known Passion Fruit and Monstario Deliciosas, the latter as delicious as its name, being a fragrant blending of the bouquets of pineapple, melon and peach, are to be found on the tables of epicures.

Ardent fruit lovers are staunch in their beliefs that nothing can improve the virgin sweetness of ungarnished fruit. Varieties of fresh, ripened fruits appear often on their menus. The fruit knife and fork, a silver spoon for spooning out rich, sweet pulp and meaty seeds, and silver scissors for snipping clusters of grapes, are convenient tools when fresh fruit is served at a meal. As Americans, we like to serve fruit with meat—broiled pineapple or grapefruit with baked ham, apple rings with pork and minted pears with lamb. Some Europeans frown upon the custom. But they acknowledge, sometimes with longing, the many simple fruit desserts and salads we have evolved from luscious fruits of which few countries in the world have as wide and available a choice.

TART APPLES

Core apples; slice in rings about $\frac{1}{4}$ inch thick and fry in hot deep fat (375° – 380° F.) for 2 to 3 minutes, or until browned. Drain on unglazed paper and sprinkle with sugar; serve as garnish with meat, especially pork.



APPLESAUCE

59

4 sour apples

$\frac{1}{2}$ cup water (about)

$\frac{1}{4}$ cup sugar

Pare, quarter and core juicy apples; cut in eighths, if desired; add just enough water to steam fruit and keep from burning. Bring to a boil and cook slowly, covered, for 20 to 30 minutes, or until soft; add sugar and simmer just long enough to dissolve sugar; serve hot or cold. If apples lack in flavor, add dash of grated lemon or orange rind, or 1 to 3 teaspoons lemon juice. Approximate yield: 4 portions.

MODIFICATIONS OF APPLESAUCE

(Use recipe above)

Strained Applesauce—It is not necessary to pare apples; remove all bad spots. Cook apples until soft, then force through sieve; add sugar and simmer to dissolve sugar.

Spiced Applesauce—Substitute 5 tablespoons brown sugar for granulated sugar in Strained Applesauce and add $\frac{1}{4}$ teaspoon mace, dash of cinnamon and grated lemon rind.

Rosy Applesauce—Cook 2 tablespoons cinnamon drops with apples.

BAKED APPLES

Select firm apples such as Jonathans or McIntoshes. Core 6 medium-sized tart apples and place in baking dish; fill each cavity with 2 tablespoons brown, granulated, or maple sugar, dash each of cinnamon and nutmeg, and $\frac{1}{2}$ teaspoon butter. Cover bottom of pan with boiling water and bake, covered, in moderately hot oven (375° – 400° F.) for 30 to 40 minutes, or until apples are soft; if baked, uncovered, baste occasionally with syrup in pan. Remove apples, boil syrup until thick and pour over apples. Serve hot or cold with cream.

BAKED STUFFED APPLES

Use recipe for Baked Apples (above); fill cavities with one of the following mixtures and bake as directed: brown sugar, ginger, raisins and nuts; brown sugar, cinnamon, chopped dates or figs; chopped preserved ginger, watermelon rind, quince, cranberry or currant jelly.

GLAZED APPLES

8 large apples	$\frac{1}{4}$ lemon
1 cup sugar	water

Select large tart apples that hold their shape when baked; wash, cut off thin slice on blossom end and reserve; then peel about $\frac{1}{3}$ of each apple from cut end. Place apples, stem ends down, in shallow baking pan, add $\frac{1}{2}$ cup sugar, lemon and water to cover $\frac{1}{3}$ of apples, place shallow baking pan over top and cook slowly on top of stove about 15 minutes, or until ends are just soft but not mushy; then turn on pared side and cook about 10 minutes, or until just soft; then transfer apples, peeled side up, to second pan; strain juice. To glaze apples, sprinkle part of remaining $\frac{1}{2}$ cup sugar over tops and baste with liquid; place under moderately hot broiler (375° F.) for 10 to 15 minutes, or until apples are delicately glazed, sprinkling frequently with sugar and basting with liquid in pan. If apples brown too quickly and burn, place reserved slices over tops for protection; the glazing should extend down into the apples which should retain their shapes. Yield: 8 portions.

PIONEER APPLES

8 to 10 tart apples	$\frac{1}{3}$ cup firmly packed brown sugar
3 tablespoons butter	$\frac{1}{8}$ teaspoon salt

Pare, core and quarter apples, then slice in eighths. Melt butter in large heavy frying pan, add apples, cover and cook slowly until they are nearly soft, or 10 to 15 minutes, depending upon the apples. Sprinkle brown sugar and salt over them and cook, uncovered, 20 to 25 minutes longer. Approximate yield: 6 portions.

CIDER SPICED APPLES

4 medium-sized cooking apples	6 whole cloves
2 cups cider	4 whole allspice
$1\frac{1}{2}$ cups sugar	$\frac{1}{4}$ teaspoon ginger
1 stick (2-inch) cinnamon	$\frac{1}{4}$ teaspoon nutmeg
$1\frac{1}{2}$ tablespoons lemon juice	

Peel, core and quarter apples, and drop in cold water. Boil cider, 1 cup sugar and spices 10 minutes; add drained apples, a few at a time, and cook until soft but not broken; remove pieces to serving dish as soon as soft; add remaining $\frac{1}{2}$ cup sugar and lemon juice to syrup and boil until thick. Strain out spices and pour over fruit; this makes a piquant accompaniment to pork, ham or poultry dishes. Approximate yield: 4 portions.

APPLE COMPOTE

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4 medium-sized tart apples	2 cups water
1 cup sugar	1 small stick cinnamon

Wash, pare, quarter and core firm, ripe apples, and drop in cold water. Boil sugar and water 3 minutes, stirring until sugar is dissolved; add cinnamon. Drop drained apple sections into syrup, a few at a time; cover and simmer gently until fruit is transparent, turning apples when half done. A small amount of red vegetable coloring may be added to the syrup, although apples that are quite red may be slightly pink when cooked; or add $\frac{1}{4}$ cup red cinnamon candies to syrup for color and flavor, and omit cinnamon. Yield: 4 portions.

MODIFICATIONS OF APPLE COMPOTE

(Use recipe above)

Apple Rings—Cut pared and cored apples crosswise in $\frac{3}{4}$ -inch thick slices; cook in syrup, colored and flavored with cinnamon candy, until soft, basting frequently. Remove with ladle and boil syrup until thick; fill rings with jellied syrup.

Ginger Apple Compote—Cut pared and cored apples in eighths; cover peelings and core with water, add 2-inch stick cinnamon and 4 whole cloves, bring to a boil and simmer 10 minutes; strain and add $\frac{1}{3}$ cup chopped ginger and syrup, and $\frac{1}{4}$ cup sugar. Cook apples in this syrup, turning fruit as it cooks; lift out each piece as soon as it becomes transparent; boil syrup until quite thick and pour over apples.

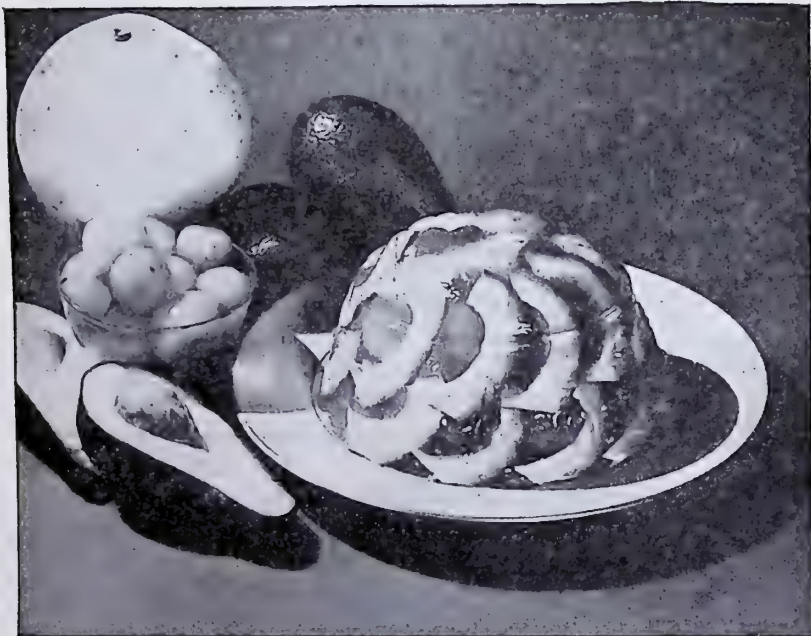
APPLE PORCUPINE

1 $\frac{1}{4}$ cups sugar	1 tablespoon butter
1 $\frac{1}{2}$ cups water	$\frac{1}{2}$ teaspoon cinnamon
6 medium-sized apples	blanched almonds
	cream

Boil sugar and water 5 minutes; pare and core apples and cook in syrup until soft but not broken; remove and place in baking dish. Add butter and cinnamon to syrup and boil until thick; fill cores with thick syrup and stick almonds, cut lengthwise in strips, into apples; place in moderate oven (350° F.) to brown nut tips. Cool and serve with plain or whipped cream. Yield: 6 portions.

APRICOTS

Fresh apricots can be used interchangeably with peaches in fruit cups, salads, desserts, pastries, etc. To remove the skin, immerse fruit in boiling water about $\frac{1}{2}$ minute to loosen skin, then plunge into cold water to keep fruit firm.



AVOCADO AND FIG MOLD

An unusual combination of fruits sheathed in gelatin—sliced avocado, whole, preserved figs, and grapefruit (recipe, page 522).

AVOCADOS

Avocados must be ripe to be edible; when the flesh yields slightly to pressure of finger, they are ripe. Peel ripe fruit and cut in half to remove large stone: rub with lemon juice to prevent darkening; serve $\frac{1}{2}$ fruit, or sliced or diced fruit, with lemon; in combination with other fruits or with vegetables, lobster, crabmeat, mixed with salad dressing, as in appetizers or salads. Or mash peeled ripe avocados to a paste, season with salt and lemon or grapefruit juice, and use as spread for canapés; or use avocado pulp in sherbets, ice creams and other desserts.

BANANAS

Store ripe bananas in cool but not cold place until ready to use; the standard yellow banana is ripe when color deepens, skin becomes shaded or speckled with brown, and green color disappears from tips. Serve bananas whole or sliced with a wedge of lemon, or serve sliced with sugar and cream; or serve in fruit cups and salads, sprinkling fruit with lemon juice to prevent discoloration.

BAKED BANANAS

Bake 4 medium or large bananas in moderate oven (350° F.) about 20 minutes, or until skin splits open. Remove fruit carefully, dust with powdered sugar and cinnamon, and sprinkle with pineapple, lemon, or maraschino cherry juice, or ginger syrup. Or sprinkle finely chopped walnuts, crumbled macaroons, or bits of marmalade over bananas. Yield: 4 portions.

GLAZED BAKED BANANAS

Peel 4 bananas and place in buttered baking dish, whole or cut in halves lengthwise; sprinkle with lemon juice and bake in moderate oven (350° F.) 20 minutes, sprinkling sugar over fruit 5 minutes before removing from oven to glaze tops. Before serving, sprinkle with nuts or crumbs, if desired. For variety, bake bananas in cranberry sauce, using 1½ cups sauce. Yield: 4 portions.

FRIED BANANAS

Cut peeled bananas in halves crosswise, then lengthwise. Sprinkle with orange or lemon juice and dredge with seasoned flour. Sauté in butter until a delicate brown and sprinkle with brown or powdered sugar. To serve with pork, sauté in sausage or pork drippings.

BANANA SCALLOPS

6 bananas, peeled	½ cup sifted fine bread crumbs
1 egg, slightly beaten	1½ teaspoons salt

Cut bananas in 1-inch slices and dip in mixture of egg and salt; drain, then roll in crumbs. Fry in hot deep fat (375° F.) for 1 to 2 minutes, or until brown; drain on unglazed paper; serve very hot. Approximate yield: 6 portions.

BANANA CUTLETS

6 medium-ripe bananas 1 cup crushed cornflakes
 1/3 cup lemon juice (about) 3 tablespoons butter
 lettuce

Peel bananas and cut in halves crosswise. Dip in lemon juice, then roll in cornflake crumbs. Sauté in butter until golden brown. Serve on lettuce. Yield: 6 portions.

BANANAS NEWBURG

Sprinkle brown sugar over Fried Bananas (page 63); add just enough sherry to make a sauce and simmer a few minutes. Serve hot as meat accompaniment.

BERRIES

Spread berries on flat surface and remove soft moldy fruit; place in colander to wash; drain; stem or hull. Sprinkle with berry or fruit sugar, or powdered sugar; if fruit is sour, mix and let stand 1/2 to 1 hour before serving; add lemon juice to bland fruit for flavor and tartness. Large perfect strawberries are sometimes served whole: wash but do not remove hulls; arrange 8 to 12 around a mound of powdered sugar. If fruit is stored overnight, pick over to remove soft berries but do not wash. One quart berries makes 4 to 5 portions.

STEWED BERRIES

Use 1 quart berries; wash, drain and sort; add 1/2 to 1 cup boiling water and 1/2 to 1 cup sugar, and cook, covered, 10 to 15 minutes, or until tender, adding sugar when nearly done. For blueberries, cook syrup of sugar, water and a small amount of lemon juice, and add fruit to hot syrup. Approximate yield: 1 quart sauce.

CRANBERRY SAUCE

1 pound (4 cups) cranberries 1 1/2 cups sugar
 2 cups water

Pick over and wash cranberries in colander; drain. Place berries, sugar and water in deep saucepan and bring to a boil; cover and cook slowly about 10 minutes, or until skins are broken. Skim and cool. Approximate yield: 4 cups sauce, or 8 to 12 portions. For *Jellied Cranberry Sauce* use 2 cups sugar and cook about 20 minutes; pour into large mold.

MODIFICATIONS OF CRANBERRY SAUCE

(Use recipe on page 64)

Cranberry Jelly—Increase sugar to 2 cups. Boil cranberries and water about 20 minutes, or until skins are broken; force through sieve. Bring pulp to a boil, add sugar and boil 3 to 5 minutes, stirring until sugar is dissolved. Skim and pour into one large or several small molds; or pour into jelly glasses; to keep jelly for some time, seal jars with paraffin. Approximate yield: 1 large mold, or 4 (8-ounce) glasses.

Cranberry Applesauce—Combine 2 cups cranberries, 2 cups sliced apples, $\frac{3}{4}$ cup water and 1 cup sugar. Cover and cook slowly until fruit is tender, about 20 minutes. Cool slightly and then beat with wire whip until fluffy. Approximate yield: 3 cups sauce.

CHERRIES

Select cherries that are not over-ripe, cracked, or shriveled; leave stems on until ready to use; they can be kept in refrigerator for a week or more if perfectly fresh. Wash and dry large cherries, using absorbent paper or cloth, and serve with stems on; or serve, pitted, with other fruits in cups, salads and desserts.

CITRUS FRUITS

Citrus fruits should be selected for quality and size; large fancy fruits are attractive but expensive and not necessarily of better quality; fruits that are thin-skinned and heavy for their size are juicy and not pithy; fruits that have been frozen have a thick skin and are pithy, dry and light in weight. Most of the citrus fruits on the market have been picked green and ripened in storage under favorable conditions.

Citrus fruits are valued for their vitamin and mineral content and for the tang and flavor they add to other foods. The vitamin content varies with the kind of fruit, and a mixture of juices is often served. When juice is strained through a fine sieve, some of the food value is lost; it is wise to use a reamer or extractor that will remove the seeds and membrane, but permit the pulp to pass through.

HAWAIIAN GRAPEFRUIT

Sprinkle powdered sugar over prepared grapefruit halves (page 66) and fill centers with crushed pineapple; chill and serve.



GRAPEFRUIT AND ORANGE HALVES

Select quality fruit for general table use. Wash, dry and cut in halves crosswise. Remove seeds and cut out pithy centers of grapefruit with scissors, if desired. Loosen each section by cutting with sharp knife along membrane and skin. Chill and serve plain or sprinkle with berry or powdered sugar, or sweeten with honey, marmalade or jelly; serve one or both halves on a plate, or in a glass bowl, surrounded by crushed ice.

GRAPEFRUIT OR ORANGE BASKETS

A basket may be made from two halves of fruit; cut fruit in half crosswise, remove sections, membranes and core; pink or scallop edge of one half and cut $\frac{3}{4}$ -inch band through center of other half, and insert as handle in filled basket. Use for fruit cup.

To make a basket with attached handle use whole fruit. With a sharp toothpick mark the strip for the handle ($\frac{3}{4}$ inch wide) over the blossom end. Then cut or peel away the remaining skin on the upper half of the fruit, on each side of the handle. Remove the pulp carefully from the entire fruit. Pink or scallop the edges of the skin and fill with sections of the fruit. Chill.

GRAPEFRUIT AND ORANGE SECTIONS

Wash and dry fruit; hold over bowl to catch all juice and with sharp knife remove rind and white skin, cutting round and round as in paring an apple. Loosen sections by cutting along membrane; lift out segment and remove seeds if present. Chill and serve plain or sweetened with sugar, honey or maple syrup, or serve as fruit cup or salad.

BROILED GRAPEFRUIT

Prepare grapefruit halves (above), but do not remove pithy centers. Sprinkle each half with 1 teaspoon sugar and dot with $\frac{1}{2}$ teaspoon butter. Place fruit in shallow pan on broiling rack so that fruit is about 4 inches below flame or 3 inches below electric unit, and cook in preheated broiler with door slightly ajar about 15 minutes, or until skin begins to brown and fruit is heated through; serve hot. Or sprinkle each half with 1 tablespoon brown sugar and 1 tablespoon wine, and broil as above; garnish with a cherry and serve hot or cold.



GRAPEFRUIT WITH GINGER

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Remove centers, seeds and membranes from grapefruit halves; shred pulp fine with silver fork. To each half, add $\frac{1}{2}$ teaspoon powdered sugar, 1 teaspoon grated coconut and 1 tablespoon each diced Canton ginger and ginger syrup, and mix well. Place halves in covered dish and bury in ice, or chill very thoroughly in refrigerator.

KUMQUATS

Kumquats are very small oblong citrus fruits, orange in color. The entire fruit is edible, the rind is sweet, and the pulp is acid. To serve fruit, wash, dry, cut in quarters or slices, and remove seeds; serve with bland fruit or with salads.

LEMONS

Lemons are picked green as soon as they are large enough to grade. They change in color on ripening from a dark green to silver green and to yellow. A ripe lemon has a lower acid content and poorer keeping qualities than an under-ripe fruit. Lemon juice is more easily extracted if lemon is rolled until softened, or dropped into boiling water for a few seconds before cutting in half.

For lemon slices for tea, wash, slice thin and remove seeds. Serve slices cut in halves or in thirds and garnished with chopped mint leaves or parsley, thin pimienta strips or whole cloves placed through slice. For serrated edge, use a special cutter, or cut with sharp knife. For lemon wedges, wash and cut lemon in quarters lengthwise, and remove seeds; cut each wedge in half, if desired.

LIMES

Limes should be used green, for they lose their refreshing flavor on turning yellow. Limes are perishable and should be kept in refrigerator; they can be substituted for lemons.

TANGERINES

Tangerines, mandarins, King of Siam and satsuma oranges are less used types of citrus fruits popular in many markets. They are smaller in size than the navel or Valencia orange, and are graded as to size. The tangerine is popular as a table fruit; the skin is peeled and the sections are separated easily.

FIGS

Fresh ripe figs become soft and bruise easily; they should, therefore, be purchased in small quantities, handled with care and stored in refrigerator to retard fermentation. Remove skin and serve whole, halved, or sliced, with cream; they need no additional sweetening.

GRAPES

Grapes are an excellent fruit for table use; select compact bunches with firm, well-formed fruits that cling tightly to the stems. Wash and drain. For dessert, cut bunches and serve with fruit knives for removing seeds or with spoons for removing seeds and skins from mouth, if desired; for fruit cups and salads, cut in halves, lengthwise, and remove seeds; the skins may be removed, if desired.

MANGOES

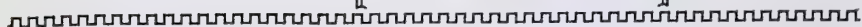
Mangoes vary in quality; the best ones have a single small seed stone, surrounded by soft, juicy, aromatic, non-fibrous flesh. Mangoes may be eaten in various ways: cut through skin, circle fashion, around each end, then cut through skin lengthwise from circle to circle, turn back wide band of skin on one side and eat with spoon; cut through skin, "X"-fashion, on opposite sides of fruit, turn back corners and eat with spoon; cut open lengthwise, remove stone and eat in same way as a cantaloupe. Mangoes are also canned, preserved and used in making East-Indian chutney. One small mango makes 1 portion.

MELONS

Melons are of many types including muskmelons (cantaloupes, etc.) and watermelons; sweetness and flavor develop as the melon ripens and melons are choicest when fully matured; they yield to pressure at blossom ends and the stems are readily pulled out. Wash melons and chill thoroughly; before serving, cut muskmelons in halves, lengthwise or crosswise, and remove seeds, and cut larger melons in slices, lengthwise; cut watermelons in slices crosswise, in half circles, or in wedge-shaped pieces. Serve melons with wedge-shaped pieces of lemon or lime, or with salt; serve watermelon with salt. To store, wrap cut pieces of melon in waxed paper.

NECTARINES

Nectarines are a delicious fruit, much like the peach; they have peach-like pits and smooth, downless, plum-like skins. They can be substituted for peaches, but are more expensive.



PAPAYA

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Papaya or tropical papaw resembles the muskmelon and is best when fully ripened. Wash and chill thoroughly in refrigerator; just before serving, cut in wedge-shaped pieces, and remove seeds; the many small gelatinously coated blade seeds have a pleasant mustard-like taste and some should be served with the fruit. Serve with wedge-shaped pieces of lemon or lime, or with salt or sugar.

PEACHES

Choose large, plump peaches; they are superior in flavor to the small and flat fruit. The yellow-fleshed, freestone peaches are most generally eaten raw; the clingstone variety is popular for canning and preserving; it is firm, retains its shape and develops a rich, full flavor on cooking. Use ripe peaches that yield to pressure of the finger and are creamy or yellow on under side; peel off skin, slice and sprinkle with a small amount of sugar to keep from discoloring, and serve at once; sliced peaches may be sweetened with honey. (If skin does not come off readily drop into boiling water for $\frac{1}{2}$ minute.) Peaches are delicious in many fruit combinations, in fruit cups or salads. They can be broiled, baked, or cooked as compote.

BAKED PEACHES

Peel 6 large peaches, cut in halves and remove stones; fill each cavity with 1 teaspoon sugar, $\frac{1}{4}$ teaspoon butter, a few drops of lemon juice and a sprinkling of nutmeg. Bake in moderate oven (350° F.) about 20 minutes; serve hot or cold with cream, as a dessert. For variety, cover with meringue as for pie (page 652), sprinkle with coconut and bake as directed. Yield: 6 to 12 portions.

BAKED PEARS

Pare, halve and core large firm pears; place in baking dish and fill hollows with one of the following mixtures: brown or granulated sugar and butter; brown or granulated sugar, chopped preserved ginger and ginger syrup; raisins, chopped nuts, dash of cinnamon, grape juice and bits of butter; orange or grapefruit marmalade, or any tart marmalade. Cover bottom of pan with water, and bake, covered, in moderate oven (350° F.) about 20 minutes, or until tender. Serve warm or cold with cream. If baked whole, cut off thin slice on blossom end, stand upright in pan, sprinkle sugar over tops, dot with butter and bake about 30 minutes.

PEAR COMPOTE PARISIENNE

Use recipe for Pears Crème de Menthe (page 71); omit coloring and flavoring, and add chopped rind and juice of 1 lemon and 1 orange. Remove tender but firm pear halves to large serving dish, top with whipped cream and sprinkle with chocolate decorettes or sweet chocolate, grated; serve as dessert. Yield: 6 portions.

PERSIMMONS

The astringent type of Japanese persimmon is generally used; as it ripens, it loses its astringency and hardness, and becomes soft and sweet. To serve raw, wash, cut off flower end, cut in half and serve one whole or half to a person; the inner soft flesh is eaten with a spoon. Garnish with a tiny sprig of mint placed in the center of each half, if desired. Pieces of persimmon may be used as garnish on fruit salads or desserts; it is delicious served with orange or grapefruit.

PINEAPPLE

Square-shouldered pineapples are slightly more economical than long tapering ones. Spines pull easily from ripe fruit; wash and cut around crown, or twist top leaves until crown comes off. Stand upright on board and with sharp, long-bladed knife, cut off rind, beginning from top down; remove "eyes" with small pointed knife. Cut in pieces or shred, sprinkle with sugar and place in refrigerator to chill thoroughly; sugar will dissolve in the juices as it stands. One medium-sized pineapple makes 5 to 6 portions.

Pineapple Rings—Lay pared pineapple on side on board and cut in $\frac{1}{2}$ - to $\frac{3}{4}$ -inch slices; if "eyes" have not been removed, cut them out from each slice; remove hard core.

Pineapple Wedges or Cubes—Cut pineapple slices in wedge-shaped pieces or cubes, removing core.

Pineapple Spears or Sticks—Stand pared pineapple upright on board, remove "eyes" and cut in half lengthwise, then in quarters. Remove core from each piece, cut in $\frac{1}{2}$ - to $\frac{3}{4}$ -inch strips and divide each in half.

Shredded Pineapple—Stand pared pineapple upright on board and remove eyes; put fork through top and hold firmly with left hand. With another fork in right hand, scrape pulp from core, cutting it off with knife, if necessary.

PEARS CRÈME DE MENTHE

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1½ cups sugar

green vegetable coloring

1 cup water

3 tablespoons crème de menthe

6 pears

Boil sugar and water 5 minutes; add coloring to give desired green and flavor with crème de menthe. Add pears, peeled, halved and cored, bring to a boil and cook about 15 minutes, or until tender, transparent and tinted an emerald green; drain and serve hot or cold with lamb or mutton. Bartlett, Seckel or winter pears may be used. Yield: 6 portions.

PINEAPPLE CONES

Wash and dry ripe pineapple; cut or twist off crown. With sharp knife, cut around each "eye" to core making a pointed piece; pull resulting wedge-shaped piece away from core; or loosen and pull out wedge-shaped piece with a sharp-tined, strong fork. Leave rind on each piece and arrange 6 to 8 pieces on each plate around a mound of confectioners' sugar.

PLUM SURPRISE

2 large oranges

¼ cup honey

12 plums

½ cup shredded coconut

1 cup heavy cream, whipped

Peel oranges and cut each in 6 slices. Cut plums in quarters, removing pits; roll in honey, then in coconut. Arrange a slice of orange on each of 6 dessert plates; place 4 plum quarters on top and top with cream. Cover with orange slice, top with cream and garnish dish with 4 plum quarters. Yield: 6 portions.

POMEGRANATES

Wash fruit and cut off a small portion of the rind. Then break the fruit in half and spoon out the seeds, discarding the membrane. Mix the seeds with 1 teaspoon honey and ¼ cup coarsely chopped nuts. Chill and serve in slender glasses or in sherbet glasses. Yield: 2 portions from 1 fruit.

BRANDIED PLUM SAUCE

Stew washed plums or prunes in water to cover about 10 minutes, or until soft, adding sugar to taste when half done; to 1½ cups sauce, add 2 tablespoons brandy and serve on ice cream or other desserts.

BAKED QUINCES

Use ripe quinces, deep yellow in color; wash, pare, cut in halves, remove cores, and place, hollow side up, in buttered baking pan. Boil peelings and cores in water to cover for 20 minutes; drain liquid. Fill each half with $\frac{1}{2}$ tablespoon sugar, place one orange slice on top, pour 2 tablespoons quince liquid over fruit and bake, covered, in slow oven (300° F.) for 3 hours, or until soft and a deep red. Remove cover, dust thickly with macaroon crumbs, dot with butter and brown quickly in hot oven (400° F.) for 5 minutes. Allow one quince per portion.

STEWED RHUBARB

Cut off leaves and stem end, and wash 1 pound rhubarb. Peel old rhubarb stalks but do not peel young tender stalks, as the peels turn pink on cooking; cut in 1-inch pieces. Add $\frac{1}{4}$ cup water and $\frac{1}{2}$ cup sugar, and simmer, covered, 25 to 30 minutes, or until tender. Add a dash of cinnamon, if desired. Approximate yield: 4 portions.

DRIED FRUITS

Dried fruits with a tough skin are generally soaked in water 2 to 12 hours to plump before cooking, using 3 to 4 cups water to each cup of fruit; if hot (not boiling) water is used, the fruit is plump in 2 to 3 hours. Fruits with thin skin and soft flesh need not be soaked.

Cook dried fruits slowly in the water in which they have been soaked; cover and simmer (do not boil), until fruit is plump and tender, adding sugar to taste when nearly done.

STEWED APRICOTS

Pick over apricots and wash thoroughly; soak in hot water to cover for 2 hours; simmer, covered, 15 to 20 minutes, or until tender; add sugar to taste when nearly done. Allow 4 to 6 apricot halves per portion.

STEWED PRUNES

Simmer plumped prunes 20 to 30 minutes, or until soft, adding sugar to taste when nearly done. A few drops of lemon juice or a piece of orange rind may be cooked with fruit for flavor. Large partially plump or fancy prunes may be prepared without cooking; wash well, cover with boiling water, and let stand, covered, in warm place 2 to 3 hours; they are plump and delicate; add sugar, if desired. Prunes soaked in claret over night, cooked until tender and chilled thoroughly, make an attractive dessert. Allow 6 to 8 prunes per portion.

Cereals

NOT MANY of us pause to give thanks for our morning breakfast cereal. We take it as much for granted as the orange and toast that accompany it. The term "cereal" has an origin buried in antiquity. Ceres, a Roman goddess, taught agriculture to mankind to show her appreciation to the mortal who befriended her daughter, Proserpine. Thanks to Ceres, Goddess of Agriculture, we have a nutritious and inexpensive food available in many forms, as wheat, oats, rye, corn, barley and rice, either the whole or cracked grain, flaked, rolled and processed and ready-to-serve in many more forms than there are days in the week.

Storage of Cereals. With so many varieties from which to choose, several kinds of cereal can be kept on hand, to be used as needed. Bulk cereals should be stored in air-tight containers in a cool, dry place. Packaged cereals, when tightly covered, keep well in their original containers. In warm weather, it is wise to purchase cereals in small amounts for the fat in cereals, containing the germ, readily turns rancid and there is always the possibility that weevils can develop from eggs laid in the raw cereals.

Cooking of Cereals. The prime purpose in cooking cereals is to cook the starch and soften the cellulose. Whole grain cereals, from which little of the cellulose has been removed, require longer cooking than refined cereals; if soaked for several hours, they cook more quickly. With any cereal, after the starch is thoroughly cooked, there is little evidence that prolonged cooking renders the cereals more digestible although it may improve the

- 74 flavor. Table XI (page 75) contains information on types of cereals, cooking periods and suggestions for serving cooked cereals.

Start to cook cereals in the top part of a double boiler placed over direct heat. Sprinkle or sift the cereal gradually into boiling, salted water. Add the finely divided, refined cereal slowly, to prevent lumps forming, and stir constantly, keeping the water bubbling; boil about 5 minutes, then place over boiling water and cook, covered, until done. Cereals may be cooked in milk, or in half milk and half water. Add the cereal to the scalded milk in the top part of the double boiler, stirring until smooth; stir occasionally until it begins to thicken and then cook, covered, until done.

Quick-cooking cereals are decided time-savers. Experiments seem to prove that the quick-cooking cereals retain the food value of the untreated grain. Rolled oats, for instance, include part of the germ and outer layers of the kernel that oatmeal contains; but rolled oats are rendered more readily susceptible to the influence of water and steam, and hence, cook more quickly, because the rolled oats are first treated to a steaming and flattening, or rolling process which breaks up the cellulose.

Left-over cereals can be used economically in many appetizing dishes. Cooked cereals may be substituted for part of the flour in quick breads; they may be added to steamed pudding mixtures, meat loaves, croquettes; and when thick enough, they can be molded, sliced and fried, and served with bacon or syrup, or made into individual molds, chilled and served with a sweet dessert sauce.

SERVICE SUGGESTIONS FOR COOKED CEREALS

(Allow $\frac{1}{2}$ to $\frac{2}{3}$ cup per portion)

Just before serving, stir in dried fruits such as sliced dates, figs, apricots, prunes, raisins or plumped currants.

Top servings with canned or cooked fruits such as apples, apricots, peaches, pears, pineapple, berries or cherries—sliced, diced or whole.

[BREAKFAST CEREALS] CEREALS

Serve with fresh fruit such as apricots, bananas, peaches or berries. 75
Place fruit in bottom of dish, and in alternate layers with cereal, or sprinkle over serving.

Serve with a sprinkling of prepared cereals such as flaked cereals, grape-nuts, whole bran or bran flakes.

Turn creamy cereal into individual molds and chill. Unmold and serve cold with fruit sauce or fresh fruit and cream.

TABLE XI

BREAKFAST CEREALS

CEREAL (1 cup)		AMOUNTS		TIME OF COOKING	COOKED CEREAL (AMOUNT)
TYPE	PRODUCT	SALT	WATER		
Wholegrain, cracked or ground	Barley (pearl) ¹	<i>teaspoons</i> 1	<i>cups</i> 3	<i>hours</i> 1¼-4	<i>cups</i> 3
	Corn (samp) ¹	1½	4-5	4-5	4 +
	Oats ¹	1-1½	4-5	8	4 +
	Rice (flaky) Boiled	3	8	15-25 (min.)	4 +
	Steamed (double boiler)	½-1	1½-2	¾	1½-2
	Wheat ¹	1-1½	4-5	8	4 +
Coarse	Cracked wheat Hominy grits Oatmeal (steel cut and Scotch)	1½	3-4	1-3	3 +
Fine ²	Cream of wheat Farina Ralston Wheatena Cream of rye Cornmeal	1½	4-5	½-¾	4 +
Flaked ²	Flaked wheat Pettijohn's Rolled oats	1-1½	2-3	½	2-3

¹Soaked in cold water 2 to 8 hours.

²For quick cooking, follow directions on package.

BAKED APPLES WITH CEREAL

Core medium-sized apples; fill each center with 3 tablespoons cooked cereal, then cover with $\frac{1}{4}$ cup brown sugar and dot with 1 tablespoon butter. Cover and bake in moderate oven (350° – 375° F.) about 30 minutes, or until soft in center. Serve with cream.

BAKED QUINCE WITH CEREAL

Choose ripe quince, wash, trim off any spots and core, leaving large cavities; cook in syrup, made by boiling 1 cup sugar and $1\frac{1}{2}$ cups water 5 minutes, until partially soft, or about 20 minutes; drain and fill with cooked oatmeal or any other cereal. Cover and bake in moderate oven (350° – 375° F.) about 30 minutes, or until soft in center.

FRIED CORNMEAL MUSH

Pack cooked cereal such as cornmeal, oatmeal, or finely ground wheat cereal in straight-sided loaf pan rinsed with cold water; mush must be thick to mold. Cover to prevent crust from forming. When firm and cold, cut in $\frac{1}{4}$ -inch slices and sauté in bacon fat or butter until crisp and nicely browned on both sides. Serve hot with butter and syrup, honey, or jelly, or with crisp bacon or small sausages. For a crisper crust, dip slices in cornmeal, then sauté. Two cups of mush will yield about 4 portions.

SCRAPPLE

Add small pieces of fresh pork to cornmeal while cooking mush, using from 1 to 2 cups pork to 1 cup cornmeal; season highly with salt and pepper. Add powdered herbs or sage, if desired. Mold in loaf pan rinsed with cold water and cover to prevent crust from forming; chill overnight. When ready to use, cut in $\frac{1}{4}$ -inch slices and sauté in bacon fat or butter until crisp and nicely browned on both sides; serve as main breakfast dish on a cold morning. Before sautéing, slices may be dipped in cornmeal, or in slightly beaten egg diluted with 1 tablespoon water, then in fine dry crumbs or cornmeal. Approximate yield: 8 to 10 portions.

MODIFICATIONS OF SCRAPPLE

(Use recipe above)

Salmon Scrapple—To 4 cups hot cornmeal mush, add 2 cups (1 can) flaked salmon. Season with salt and pepper and mold. Use leftover fish instead of salmon.

Chestnut Scrapple—Cook mush using 1 cup cornmeal and $\frac{1}{2}$ cup hominy. While hot, stir in 2 cups ground, blanched chestnuts. 77

SPECIAL CEREAL DISHES

STRAINED CEREALS, gruels and cereal jelly, the latter served hot or cold, plain or sweetened, with cream or milk, or a simple sauce, are valuable adjuncts in the diets of infants, convalescents, semi-invalids and old people. Arrowroot, generically not a cereal, is often included in the diet of infants and invalids. It may be used in the proportion of 2 tablespoons of arrowroot to $1\frac{1}{2}$ cups of liquid, in blanc mange and many simple puddings.

PRIZE GRUEL

2 cups milk	$\frac{1}{2}$ cup cooked oatmeal
	salt

Scald milk in double boiler; add cooked oatmeal and cook, covered, about 30 minutes, stirring frequently. Season with salt; beat with rotary beater to break up all grains, or strain through fine sieve to remove coarse particles of grain. Serve to invalids or babies. Approximate yield: 4 portions.

OATMEAL JELLY

$\frac{1}{2}$ cup oatmeal	3 cups boiling water
1 teaspoon salt	1 cup rich milk

Add oatmeal and salt to water and boil 5 minutes, stirring constantly; then cook over boiling water 4 hours. Add milk and strain through fine sieve; turn into mold rinsed with cold water. When cold, unmold and serve with sugar and milk or cream, if desired. If preferred hot, reheat; it will be a very thick purée. Approximate yield: 4 portions.

OATMEAL GRUEL

Use recipe for Oatmeal Jelly (see above); when cooked, strain through fine sieve and add hot milk or light cream as desired. One to 2 tablespoons sherry or port wine added to gruel makes it delicious.

PEARL BARLEY JELLY

3 tablespoons pearl barley ¼ teaspoon salt
1 quart cold water sugar
3 tablespoons cream

Soak barley in cold water overnight. Add salt and boil 5 minutes; then simmer 4 hours. Add sugar to taste, and cream; strain into molds rinsed with cold water; chill. When firm, unmold and serve with sugar and cream. Approximate yield: 4 portions.

MODIFICATIONS OF PEARL BARLEY JELLY

(Use recipe above)

Barley Jelly—Use ¼ cup barley flour and mix with ¼ cup cold water; gradually stir in 1 quart boiling water and boil about 30 minutes, stirring occasionally. Season to taste and strain into molds.

Barley Water—Use 2 tablespoons pearl barley. Omit sugar and cream and strain through very fine sieve. Serve hot or cold.

Barley Gruel—Use 2 tablespoons pearl barley and 3 cups cold water. Add 1 cup hot milk and strain through fine sieve.

READY-TO-SERVE CEREALS

Ready-to-serve cereals have been pre-cooked and they may be flaked, toasted, shredded, puffed, or coarsely ground; they may be made from a cereal such as corn, rice and wheat, or a mixture of products. They should be served fresh and crisp; if left exposed for some time and in prolonged damp weather, crisp and freshen by heating in moderate oven (350° F.) about 5 minutes. Serve with cream or rich milk and sugar; fresh or stewed fruit may be served with cereal. Allow ⅔ to 1 cup or 1 unit per portion.

Some ready-to-serve cereals such as shredded wheat, krumbles or grape-nuts, may be served as hot cereals; crush, moisten with hot milk or water, and heat over boiling water 5 to 10 minutes.

Eggs, Milk, and Cheese

EGGS AND MILK are companion foods in both food value and food preparation. Many are the transgressions against them in the name of cookery.

Eggs should be cooked at *low* temperature because they contain protein which coagulates on heating. At a high temperature the protein in the egg toughens and becomes leathery. Cooked at a low temperature, this same protein will be pleasingly firm and gelatinous depending upon results desired. The recipes that follow give directions for cooking eggs in various ways and to different stages of doneness.

The versatility of the egg is demonstrated in many ways. It is used as a leavener in baked products such as omelets, soufflés, sponge cakes and meringues and in unbaked products, such as fluffy frostings and candies, in frozen mixtures requiring no stirring, in purées, gelatins and other desserts. Both the egg white and the yolk are used to thicken sauces, fillings, and custards. Egg acts as a binder in meat loaf and croquette mixtures. It forms a protective coating for foods fried in deep fat. It is used to clarify soup and coffee, for, as it coagulates, it enmeshes sediment and fine particles. It acts as a stabilizer in emulsions, as in making mayonnaise, and in ice cream by interfering with the formation of large crystals. Because the egg is such a useful article, it deserves respectful handling.

Selection and storage of eggs are discussed in Table XXVI (page 97). Good, clean eggs can be spoiled at home unless properly

EGGS [SOFT-COOKED AND HARD-COOKED]

- 80 handled. Store small quantities in the refrigerator. Eggs keep better if they are not washed, because of their natural protective coating. It does not pay to buy dirty eggs, even though the latter may be slightly cheaper. Eggs can be safely stored for many weeks in a water glass solution, in a cool place; the eggs should not be washed before storing. Cold storage eggs, as purchased, are useful for all-purpose cooking. For poaching or boiling fresh eggs are generally preferred.

SOFT-COOKED EGGS

1. Pour boiling water over eggs, using enough water to cover; cover and just simmer for 3 to 5 minutes, depending on desired consistency. If egg is added to boiling water, place it in tablespoon, then slip into water.
2. Cover eggs with cold water and bring to a boil; remove at once for a soft-cooked or coddled egg, or cover and leave in water for 2 to 5 minutes for a medium soft-cooked egg.

CODDLED EGGS

Use water enough to cover eggs; bring to a boil, then turn off or remove from heat. Carefully slip each egg into water with a tablespoon, cover kettle and let stand 4 to 8 minutes, depending on desired consistency.

HARD-COOKED EGGS

Follow directions for Soft-cooked Eggs (see above); cook below boiling point for 15 to 20 minutes, then plunge eggs into cold water to prevent or reduce the formation of the dark ring likely to appear where the egg white and yolk meet. The shell is peeled easily from quickly cooled eggs, or eggs cooked in salted water, using 1 tablespoon salt to each quart of water.

MOLDED CHOPPED EGGS

4 hard-cooked eggs, chopped	$\frac{1}{4}$ teaspoon pepper
salt	$\frac{1}{4}$ cup butter, melted

Combine chopped eggs with salt to taste, pepper and butter; put in well-greased individual molds and press firmly. Cover with waxed paper and chill; this makes a pleasing garnish for many salads. Approximate yield: 4 small molds.

POACHED EGGS

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Use a frying pan or shallow pan. Add 1 tablespoon salt or 1 teaspoon salt and 1 tablespoon vinegar to each quart of water and bring to a boil. Drop eggs in carefully by breaking each into small dish, then slipping quickly into boiling water; cover, reduce heat and let stand 3 to 5 minutes, or until white is set and a white film covers the yolk, and the egg is cooked to the desired firmness. Remove eggs with skimmer, place on slices of buttered hot toast and season with salt and pepper; serve at once.

To poach eggs in the shape of balls, sometimes called the French method, use a large deep pan and stir the boiling salted and acidulated water with a circular motion until a vortex is formed, then drop egg into hollow, reduce heat and stir enough to keep water in circular motion. Only one egg can be poached at a time.

Eggs may be poached in milk (scalded), tomato sauce, meat or vegetable stock. Use as little liquid as possible, and pour liquid, slightly thickened, over eggs.

To keep eggs round, cook in an egg poacher or slip eggs into rings placed on bottom of pan.

MODIFICATIONS OF POACHED EGGS

(Use recipe above)

Spinach and Eggs—Arrange bed of well-seasoned cooked spinach in serving dish; place poached eggs on top and pour Hollandaise Sauce (page 385) or Cheese Sauce (page 377) over top.

Eggs with Corned Beef Hash—Form cakes of Corned Beef Hash (page 271) and arrange on serving plate; place a poached egg on each and garnish with parsley or watercress.

Chicken and Eggs—Mix together equal amounts of chopped cooked chicken and fried mushrooms, season and heat thoroughly. Heap on slices of buttered toast and place a poached egg on each.

Eggs Benedict—Trim slices of bread into 3-inch rounds; toast, butter and cover each with a thin slice of broiled ham cut to fit. Place poached egg on top and serve with Hollandaise Sauce (page 385); or use English muffins, split and toasted, in place of toast.

Eggs à la Grand Duc—Place fried croutons on serving plate; arrange poached eggs on top and garnish with asparagus tips. Serve with fresh mushrooms and truffles cooked in a rich Cream Sauce (page 378).

EGGS { FRIED }

- 82 **Eggs à la Mornay**—Place poached egg on toast; pour Cream Sauce (page 378) over top and sprinkle with grated Parmesan cheese and place under broiler to melt cheese.

Eggs Richelieu—Spread toast with pâté de foie gras; place a poached egg on each slice and serve with Tomato Sauce (page 382).

Eggs à la Portugaise—Place poached eggs on rounds of toast and serve with baked Stuffed Tomatoes, using a meat or fish filling (page 486), and Brown Sauce (page 378) flavored with sherry.

Filipino Eggs—Place a thin slice of broiled ham or bacon on each slice of trimmed toast and arrange thin strips of green pepper, scalded, over top. Place a poached egg on each slice and sprinkle with salt and paprika.

FRIED EGGS

Melt 1 tablespoon butter or bacon fat in frying pan; drop eggs in by breaking each into small dish and slipping into pan. Cook slowly until set, dipping fat over eggs to cook the tops; or cover and cook for 3 to 5 minutes, or until tops are cooked by steam and yolks covered by a white film. To cook eggs on both sides, omit basting, turn with pancake turner or broad spatula when white is partially set, and cook until set. Sprinkle with salt and pepper before serving.

BACON AND EGGS

Slowly pan-broil slices of bacon until crisp; remove and drain on absorbent paper. Drain excess fat from frying pan, slip eggs into pan and cook slowly until set, basting occasionally with fat in pan.

HAM AND EGGS

Broil slice of ham in hot frying pan; remove to hot platter. Slip eggs into pan and cook slowly until set, basting occasionally with fat in pan; arrange around ham. Or serve each egg on a slice of broiled tomato or pineapple and arrange around ham.

FRENCH FRIED EGGS

Heat about 2 tablespoons fat in a small frying pan. Slip egg from saucer into pan, tilting it so that fat is deep; with spoon or knife, curl the white up around the yolk, making a nest with a white ruffle, to keep yolk soft.

SCRAMBLED EGGS

4 eggs	$\frac{1}{8}$ teaspoon pepper
$\frac{1}{2}$ teaspoon salt	$\frac{1}{4}$ cup milk or light cream
4 teaspoons butter	

Beat eggs until whites and yolks are well mixed; add salt and pepper, and stir in milk. Melt butter in frying pan or saucepan; add egg mixture and cook over low heat or boiling water, stirring the cooked portion from the bottom and sides of pan, this forming soft, creamy flakes. Serve at once; if left in pan, egg continues to cook. For a custard type of scrambled eggs, stir mixture constantly until thick but not dry and firm. Serve with broiled mushrooms or bacon, if desired. To increase recipe, use 1 tablespoon milk and 1 teaspoon butter for each egg. Approximate yield: 4 portions.

MODIFICATIONS OF SCRAMBLED EGGS

(Use recipe above)

Dried Beef Scramble—Add 2 tablespoons dried beef to egg-milk mixture; chopped fried sausage may be substituted for beef.

Egg with Mushroom Soup—Substitute $\frac{1}{2}$ cup undiluted mushroom soup and $\frac{1}{4}$ cup warm water for milk; serve with crisp slices of bacon.

Spinach Scrambled Eggs—Add $\frac{1}{2}$ cup drained, seasoned chopped spinach to egg-milk mixture as it begins to cook.

Celery Scrambled Eggs—Cook $\frac{1}{2}$ cup diced celery in 2 tablespoons butter or bacon fat until lightly browned; add egg-milk mixture and scramble.

Eggs Ranchero—Cook $\frac{1}{2}$ small onion, minced, and $\frac{1}{4}$ cup green pepper, minced, in butter until lightly browned. Add egg-milk mixture and scramble; turn into hot dish and sprinkle with 2 tablespoons grated American cheese.

BAKED OR SHIRRED EGGS

Place 1 tablespoon cream in a buttered ramekin or custard cup; break an egg into each, sprinkle with salt and pepper, and place on baking sheet or in shallow pan. Bake in moderate oven (350° F.) for 15 to 20 minutes, or until eggs are set.

MODIFICATIONS OF BAKED EGGS

(Use recipe on page 83)

Baked Eggs au Gratin—Sprinkle seasoned, buttered bread crumbs over eggs before baking.

Baked Eggs with Cheese—Sprinkle grated cheese over eggs before baking; or sprinkle lightly with bread crumbs, then with cheese.

Baked Eggs à la Bercy—Line ramekins with thin slices of cooked pork sausage; substitute 1 tablespoon tomato sauce flavored with onion for cream, and sprinkle buttered bread crumbs over top.

Baked Eggs à la Rossini—Line ramekins with slices of sautéed chicken livers; substitute 1 tablespoon Cider and Truffle Sauce (page 386) for cream, and sprinkle buttered bread crumbs over top.

BAKED EGGS IN BACON RINGS

6 slices bacon

6 eggs

6 tea rusks

Partially broil bacon and fit into muffin pans, using one slice for each cup; break one egg into each cup and place in moderate oven (350° F.) about 12 minutes, or until eggs are set. Serve immediately on buttered, hot tea rusks. Yield: 6 portions.

BAKED EGGS IN MACARONI

1 tablespoon fat

 $\frac{1}{2}$ cup grated cheese

1 tablespoon flour

1 teaspoon salt

1 cup milk, or $\frac{1}{2}$ cup evaporated $\frac{1}{4}$ teaspoon peppermilk diluted with $\frac{1}{2}$ cup water

2 cups hot cooked macaroni

4 eggs

Melt butter and stir in flour; gradually add milk and cook 5 minutes, stirring until smooth and thickened. Add cheese and seasonings, and cook until cheese is melted. Place macaroni in buttered baking dish; cover with cheese sauce, make four hollows and drop an egg in each depression. Bake in moderate oven (350° F.) about 15 minutes, or until eggs are set. Yield: 4 portions.

BAKED EGGS IN RICE

3 cups hot cooked rice	6 eggs
½ cup grated cheese	2 tablespoons butter
salt and pepper	

Pack rice in well-greased individual ring molds; let stand about ½ hour, then unmold. Sprinkle cheese over rice and place in moderate oven (375° F.) until cheese is melted. Drop an egg in each hollow, dot with butter and season with salt and pepper. Return to oven and bake for 15 to 20 minutes, or until eggs are set. Yield: 6 portions.

BAKED TOMATO AND EGG

Grease muffin pans and put one thick slice of unpeeled tomato in each cup; season with salt and pepper. Break one egg in each prepared cup and again season with salt and pepper; place a small piece of butter on top of each egg. Bake in moderate oven (350° F.) about 15 minutes, or until egg is set. Serve on rounds of toast and garnish with parsley; one or 2 eggs on tomatoes make an unusual, quickly prepared summer dish. If desired, use one tomato for each egg; peel, cut off top, scoop out centers; sprinkle with salt; break egg into each.

TABASCO EGGS

1 cup light cream	1 teaspoon butter
8 drops tabasco sauce	1 teaspoon chopped chives
½ teaspoon salt	5 eggs
5 slices buttered hot toast	

Scald cream with tabasco, salt, butter and chives; drop eggs, one at a time, into hot cream mixture, basting but not stirring, until whites are firm. Serve on toast. Yield: 5 portions.

BURGUNDY EGGS

4 eggs, poached	¼ cup grated cheese
¼ cup fine bread crumbs	salt and paprika
½ cup Brown Sauce (page 378)	

Place poached eggs in buttered shallow baking dish which has been dusted with 2 tablespoons each crumbs and cheese, salt and paprika. Pour sauce over top and dust with remaining 2 tablespoons each crumbs and cheese. Place under preheated broiler about 5 minutes, or until cheese is melted. Yield: 4 portions.

FLUFFY OMELET

4 eggs, separated

 $\frac{1}{4}$ cup milk $\frac{1}{2}$ teaspoon salt

1 tablespoon butter

dash of pepper

parsley

Beat egg yolks until thick and light; add seasonings and milk; fold into stiffly beaten egg whites. Turn into buttered, hot 9-inch frying or omelet pan and cook over low heat for 3 to 5 minutes, or until omelet puffs up and is browned on bottom. (Test by raising edge of omelet with spatula.) Place in moderate oven (350° F.) for 10 to 15 minutes, or until top springs back when pressed with finger. Cut about 1-inch incisions at opposite sides and crease down through center in line with cuts; then fold carefully on crease by slipping spatula under half of omelet to fold over. Slip on to hot platter and garnish with parsley; if an omelet pan is used, merely fold over; omelet will shrink slightly when removed from pan. Serve at once. Approximate yield: 6 portions.

MODIFICATIONS OF FLUFFY OMELET

(Use recipe above)

Cheese Omelet—Add 1 tablespoon Worcestershire sauce, $\frac{1}{4}$ cup grated cheese and 2 tablespoons chopped parsley to egg yolk-milk mixture; or omit parsley and sprinkle grated cheese over omelet while it is cooking.

Cottage Cheese Omelet—Add from $\frac{1}{2}$ to 1 cup cottage cheese and 2 tablespoons finely chopped pimiento to egg yolk-milk mixture.

Rice Omelet—Add $\frac{1}{4}$ cup cooked rice and dash of tomato ketchup to egg yolk-milk mixture.

Bacon or Ham Omelet—Sprinkle about $\frac{1}{4}$ cup chopped broiled bacon over omelet while it is cooking, or sprinkle over omelet just before folding.

Marmalade Omelet—Spread about $\frac{1}{4}$ cup orange or grapefruit marmalade, or any tart jelly or jam over omelet just before folding; dust top with confectioners' sugar, if desired.

Chicken Omelet—Sprinkle 1 cup diced cooked chicken over omelet just before folding, or fold and serve creamed chicken between or over omelet.

APRICOT OMELET

Use recipe for Fluffy Omelet (page 86); omit pepper and add 1½ teaspoons grated orange rind; substitute orange juice and 1½ teaspoons lemon juice for milk. Spread ¼ cup cooked apricot pulp over omelet just before folding; dust top with 1 tablespoon confectioners' sugar. Use canned or dried apricots. Approximate yield: 4 portions.

BACON AND CHEESE OMELET

Use recipe for Fluffy Omelet (page 86); add ½ cup bran flakes to milk and let stand while beating egg yolks; substitute ½ teaspoon nutmeg for pepper; add ½ cup diced, broiled Canadian bacon to egg yolk-milk mixture. Sprinkle ¼ cup grated cheese over partially cooked omelet when placing it in oven. Garnish omelet with slices of broiled Canadian bacon. Approximate yield: 5 portions.

FRENCH OMELET

4 eggs	¼ cup milk
½ teaspoon salt	2 tablespoons butter
dash of pepper	2 tablespoons chopped parsley

Beat eggs until whites and yolks are well mixed; add seasonings and milk. Turn into buttered, hot frying pan and place over moderate heat. As it cooks, lift edges toward center and tip pan so the uncooked mixture flows under the cooked portion. When bottom is browned, sprinkle parsley over top, fold over or roll, and slip on to hot platter; serve immediately. Approximate yield: 4 portions.

MODIFICATIONS OF FRENCH OMELET

Spanish Omelet—Serve omelet with Spanish Sauce (page 382); serve sauce around or over omelet. Approximate yield: 4 portions.

Vegetable Omelet—Place ½ cup bread crumbs and 3 tablespoons butter in frying pan and sauté until crisp and brown, stirring constantly. Add browned crumbs with ½ cup finely grated carrots and 2 teaspoons minced parsley to omelet mixture. Melt 1 tablespoon additional butter in frying pan, add omelet-vegetable mixture and cook as directed. Serve with Cheese Sauce (page 377). Approximate yield: 4 portions.

Rum Omelet—Omit milk and pepper, and use ⅛ teaspoon salt; add 1½ teaspoons powdered sugar and 1½ tablespoons rum to beaten eggs; cook as directed. Pour 4 tablespoons rum around omelet on platter; ignite rum and serve at once. Sprinkle omelet with sugar, if desired. Approximate yield: 3 portions.

DEVEILED EGGS

4 hard-cooked eggs	salt and cayenne
2 tablespoons grated cheese	1 teaspoon vinegar
¼ teaspoon mustard	1 tablespoon butter, melted
	milk

Cut eggs in halves lengthwise. Remove yolks, mash or force through sieve, and add cheese, seasonings, vinegar, butter and enough milk to moisten. Fill egg whites and put halves together; wrap in waxed paper and chill, if served cold. Yield: 4 stuffed eggs.

MODIFICATIONS OF DEVEILED EGGS

(Use recipe above)

Lenten Eggs—Combine mashed egg yolks with 2 tablespoons anchovy paste, ¼ cup thick mayonnaise, 2 tablespoons lemon juice, 2 tablespoons chopped nuts, 8 ripe olives, chopped; season with cayenne. Refill whites. Press nut half into each, if desired. Pour Olivera Sauce (page 380) over toast and serve 2 halves on each slice.

Deveiled Egg Garnish—Combine mashed egg yolks with 1 tablespoon mayonnaise, few drops tabasco sauce, ½ teaspoon horseradish, ½ tablespoons lemon juice and 1 tablespoon minced celery. Refill whites, leaving surface roughened, and serve filled half as garnish.

Hot Filled Eggs—Sauté ¾ cup chopped mushrooms and 2 teaspoons parsley in 1 tablespoon butter; then combine with mashed egg yolks and 2 tablespoons chili sauce; season with ½ teaspoon salt and cayenne. Heap mixture into whites and arrange in greased baking dish; pour ⅔ cup drained, canned tomato pulp over eggs and sprinkle with 2 tablespoons Parmesan cheese. Bake in hot oven (425° F.) about 15 minutes, or until heated. Approximate yield: 4 portions.

Golden Stuffed Eggs—Use 6 hard-cooked eggs. Combine mashed egg yolks with ¼ cup ground rice crispies, 3 strips broiled bacon, diced, ½ teaspoon salt, ¼ teaspoon dry mustard, ⅛ teaspoon pepper, dash of cayenne and few drops Worcestershire sauce; moisten with milk. Refill whites. Place 4 slices toast in shallow baking dish and pour 3 tablespoons butter, melted, over toast; put 3 stuffed halves, cut side down, on each slice. Pour Yellow Cream Sauce (page 378) over eggs and sprinkle ¼ cup additional ground rice crispies over top. Bake in moderately slow oven (325° F.) for 15 to 20 minutes, or until heated. Yield: 4 portions. For additional recipes, see page 170.

CREAMED EGGS

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6 hard-cooked eggs	2 tablespoons tomato ketchup
2 cups Medium White Sauce	6 slices buttered hot toast
(page 91)	

Cut eggs in eighths lengthwise; heat gently in white sauce seasoned with ketchup; serve on toast. Approximate yield: 6 portions.

MODIFICATIONS OF CREAMED EGGS

(Use recipe above)

Eggs Goldenrod—Cut hard-cooked eggs in halves lengthwise; cut egg whites in long slices and add to sauce. Serve on slices of hot toast. Force egg yolks through sieve and scatter over tops; garnish with toast points.

Eggs à la King—Add 1 cup sliced cooked mushrooms, $\frac{1}{2}$ cup peas and 1 canned pimiento, cut in strips, to creamed eggs and heat thoroughly. On each round of buttered hot toast, place a slice of tomato, fresh or broiled, and pour creamed mixture over all; garnish with parsley.

Fricassee Eggs—Place small slices of broiled bacon or boiled ham on hot toast; arrange sliced eggs, sautéed in 3 tablespoons butter, on top and pour sauce over all; garnish with parsley.

Eggs Delmonico—Substitute Cream Sauce (page 378) for White Sauce; sauté 8 mushroom caps, sliced, in 1 tablespoon butter and add to sauce with 1 canned pimiento, cut in strips. Add sliced eggs and $\frac{1}{2}$ to 1 cup grated American cheese, and cook over hot water until cheese is melted, stirring constantly. When prepared in grill or chafing dish, serve direct.

SOUTHERN CHICKEN CUSTARD

1 cup strong chicken broth	6 egg yolks, or 3 eggs, beaten
1 cup thin cream	salt and pepper

Scald broth and cream and stir into egg yolks; season to taste with salt and pepper and pour into custard cups. Set cups in pan of hot water and bake in moderate oven (350° F.) about 40 minutes, or until knife inserted in center comes out clean. Serve warm with watercress sandwiches as a luncheon or Sunday night supper dish. Approximate yield: 6 portions.

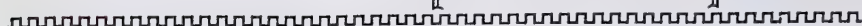
MILK forms the basis of most diets. It is important in many foods, such as beverages, soups, sauces, custards, batters and doughs, soufflés and many desserts. White sauce, or "cream" sauce, as it is sometimes called, is usually made with milk. So many recipes require White Sauce, as a base, or as an accompaniment, that directions for making Thin, Medium and Thick White Sauce are included in this section.

Milk in Cookery. Pasteurizing and boiling destroy the lactic acid bacteria normally present in milk, and pathogenic or disease-producing bacteria. The scum that forms on heated milk consists of coagulated protein, fats and salts. If heated, covered, the scum is less likely to form. Because of the nutriments it contains, the scum should be beaten into the milk and not discarded. When it is necessary to scald milk, the milk should be heated, covered, over boiling water where it requires no watching and cannot actually boil or scorch. Souring of milk is due to the action of lactic acid bacteria on milk and when much acid is present the casein is precipitated and the milk is curdled.

COTTAGE CHEESE

Use sour or clabbered milk, skim or whole, or use buttermilk; heat slowly over hot water until lukewarm (95° F.) and casein begins to coagulate. Let stand in warm place a few minutes for curd to collect before turning mass into cheesecloth-lined strainer; drain thoroughly and if milk is very sour, pour cold water over curd; bring ends of cloth together and hang until all whey is removed. Moisten with cream or butter and season with salt. One quart milk makes 1 cup.

To make cottage cheese from sweet milk, heat milk to lukewarm, then stir in rennet tablet, powdered and dissolved in small amount of milk, using 1 tablet to 1 quart milk, and let stand in warm place until set. Break curd and drain as above.



THIN WHITE SAUCE

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1 tablespoon butter	1 cup milk, rich milk or light cream
1 tablespoon flour	$\frac{1}{2}$ teaspoon salt
	$\frac{1}{8}$ teaspoon pepper

Use for cream soups, thin cheese sauce and toast.

METHODS FOR MAKING WHITE SAUCE AND GRAVIES

Method I—Melt butter and stir in flour; gradually stir in milk and stir until mixture boils and thickens, then cook about 3 minutes longer, stirring occasionally; add seasonings. Place over hot water to keep hot and cover tightly to prevent crust from forming on top.

Method II—Heat milk in double boiler, mix together butter and flour (roux), drop into hot milk and cover. When ready to use, place over fire and stir constantly until mixture boils, thickens and is smooth, then return to double boiler and cook 3 minutes longer, stirring occasionally; add seasonings.

Method III—Use when the amount of fat is less than the flour or when no fat is used. Heat about $\frac{3}{4}$ of milk in double boiler; stir remaining milk into flour to make a smooth paste; stir gradually into hot milk, place over direct heat, bring to a boil and cook until thickened, stirring constantly. Return to double boiler and cook 3 minutes longer, stirring occasionally.

MEDIUM WHITE SAUCE

2 tablespoons butter	1 cup milk, rich milk or light cream
2 tablespoons flour	$\frac{1}{2}$ teaspoon salt
	$\frac{1}{8}$ teaspoon pepper

Use for gravies, creamed dishes and scalloped dishes. Substitute stock for all or part of milk in meat gravies.

THICK WHITE SAUCE

4 tablespoons butter	1 cup milk, rich milk or light cream
4 tablespoons flour	$\frac{1}{2}$ teaspoon salt
	$\frac{1}{8}$ teaspoon pepper

Use for soufflés and croquettes.

CHEESE in any language—"kase," "ost," "fromage," "formaggio," "queso"—stands for hospitality. From the peasant who shares his crusty loaf and slab of goat's cheese, to supper in a mansion where vintage wines and tropical fruits surround an epicure's choice selection of famous cheeses, the clinging flavor of time-ripened cheese invites conviviality and friendly cheer.

As a food, cheese is concentrated, containing varying proportions of protein and fat and made from the milk curd of cows, sheep, goats and other animals. Ferments, carefully selected molds and seasonings transform the original curd into many different kinds of cheese. See Table XXX (page 925) for varieties of cheese.

Cheese in Cookery. Cheese, rightly used, assumes an honored place in cookery. High temperature and over-cooking toughen cheese, rendering it less digestible. Since cheese so often combines with eggs and milk in cooking, the rules that apply to the cooking of these dairy products apply also to cheese. It should be cooked at low temperature over hot water, or in a slow to moderate oven when it is one of the ingredients in a baked dish. In general, cheese is classified as dessert or cooking cheese although certain cheeses assume a dual rôle. Consult Table XXX (page 925) for ways of using cheese.

WELSH RABBIT

1 cup Thin White Sauce (page 91)	2 cups ($\frac{1}{2}$ lb.) grated cheese
$\frac{1}{4}$ teaspoon dry mustard	4 slices buttered hot toast

Prepare sauce, add mustard and cheese, and cook over boiling water until cheese is melted and mixture smooth, stirring constantly. Serve at once on toast. Approximate yield: 4 portions.

MODIFICATIONS OF WELSH RABBIT

(Use recipe above)

Sardine Rabbit—Arrange sardines (1 tin) on 4 pieces of buttered hot toast; place under hot broiler for 2 to 3 minutes. Pour rabbit over slices and serve at once.

Tuna Fish Rabbit—Prepare rabbit, using $\frac{1}{4}$ cup grated cheese; reduce salt to $\frac{1}{8}$ teaspoon and substitute 1 teaspoon Worcestershire sauce for mustard. Add $\frac{1}{3}$ cup coarsely flaked canned tuna fish and cook about 5 minutes, or until fish is thoroughly heated.

Tomato Rabbit—Substitute $1\frac{1}{3}$ cups (No. 1 can) tomato soup for 1 cup white sauce; add 1 cup grated cheese, 1 canned pimiento, cut in strips, and 2 tablespoons minced green pepper, and cook until cheese is melted. Serve on toast with 2 strips of crisp bacon across each slice.

Welsh Rabbit Sandwiches—Allow rabbit to cool. Spread one slice of bread with cold rabbit; spread second slice with butter, sprinkle with finely sliced or shredded Bermuda onion and put slices together.

PLAIN CHEESE RABBIT

Cut 1 pound American cheese very fine. Place in heavy pan or over hot water, with $\frac{1}{8}$ teaspoon mustard, $\frac{3}{4}$ teaspoon Worcestershire sauce and a dash of cayenne. When cheese begins to melt add 1 cup beer slowly, stirring until it becomes absorbed. Or serve melted cheese over toast soaked in the beer. Approximate yield: 4-6 portions.

CREAMY WELSH RABBIT

½ teaspoon dry mustard	1 pound Old English cheese, chopped
1½ cups (1 can) evaporated milk	$\frac{2}{3}$ cup ale
buttered hot toast	

Blend mustard with a little evaporated milk and add remaining milk and cheese; cook over boiling water until cheese is just melted, stirring constantly; stir in ale. Serve at once over toast. Yield: 6 portions.

CHEESE RABBIT

4 cups (1 lb.) grated American cheese	1 cup beer
1 tablespoon butter	2 egg yolks, slightly beaten
	6 slices hot toast
dash of paprika	

Put grated cheese and butter in top of double boiler and melt slowly. When about $\frac{1}{4}$ of cheese is melted, add $\frac{1}{2}$ cup beer slowly and cook until all cheese is melted, stirring constantly. Stir remaining $\frac{1}{2}$ cup beer into egg yolks; add slowly to cheese-beer mixture, stirring constantly until thick and smooth. Serve at once on slices of toast and sprinkle with paprika. Approximate yield: 6 portions.

CHEESE [SOUFFLÉ]

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CHEESE SOUFFLÉ

¼ cup butter	1 teaspoon salt
¼ cup flour	⅛ teaspoon paprika
1 cup milk	½ teaspoon mustard
1 cup grated American cheese	4 eggs, separated

Melt butter and stir in flour; gradually add milk and cook about 5 minutes, stirring constantly until mixture thickens; add cheese and seasonings, stirring until it is melted, and remove from heat. Gradually stir in well-beaten egg yolks and fold in stiffly beaten egg whites; turn into greased casserole or baking dish and put in pan of hot water; bake in moderate oven (350° F.) for 50 to 60 minutes, or until delicately browned and firm to touch. Serve at once. Garnish with parsley, if desired. Approximate yield: 6 portions.

Milk may be thickened with 3 tablespoons quick-cooking tapioca instead of flour; see Tomato Cheese Soufflé (page 96) for method.

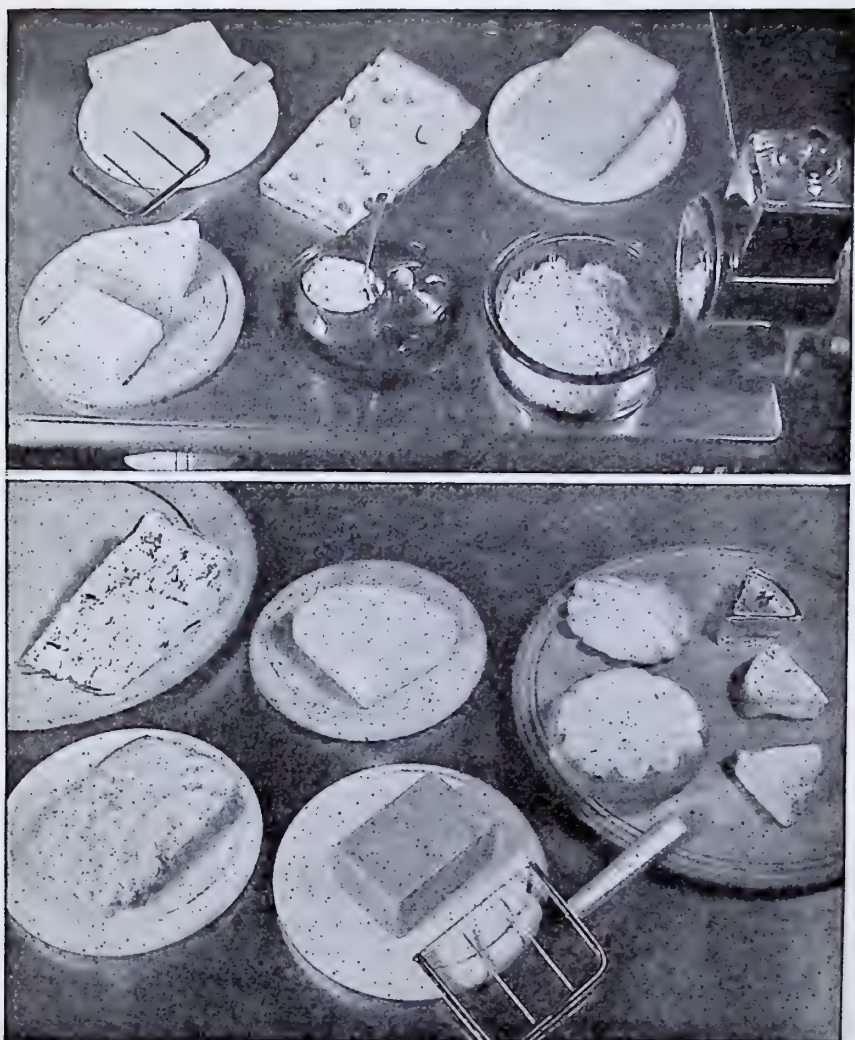
CORN AND CHEESE SOUFFLÉ

¼ cup butter	1 teaspoon salt
¼ cup flour	dash of paprika
2 cups milk	few drops tabasco sauce
1 cup grated American cheese	1 pimienta, cut in strips
2 cups sweet corn	4 eggs, separated

Melt butter and stir in flour; gradually add milk and cook about 5 minutes, stirring constantly until mixture is thickened; add cheese, stirring until it is melted; add corn, seasonings and pimienta, and remove from heat. Gradually stir in well-beaten egg yolks and fold in stiffly beaten egg whites; turn into buttered baking dish and set in pan of hot water; bake in moderate oven (350° F.) for 50 to 60 minutes, or until delicately browned and firm to touch. Approximate yield: 6 to 8 large portions.

TOMATO-PIMIENTO SOUFFLÉ

Use recipe for Cheese Soufflé (see above); substitute 1 cup strained tomato juice and pulp for milk. Add ¼ cup minced pimienta to mixture just before folding in stiffly beaten egg whites. Approximate yield: 6 portions.



CHEESE—PLAIN AND FANCY

Top Section: (*left to right*) Cooking cheeses—(*top row*) American pasteurized, with cheese server; Swiss; American cheddar; (*second row*) Roquefort and full cream on individual cheese board; grated Parmesan; grated American put through food chopper.

Bottom Section: Dessert cheeses—(*top row*) Gorgonzola; Brie; Edam (pineapple cheese); Camembert in silver foil package and with wrapper removed; (*second row*) Cheddar in Port; Norwegian Gjetost with cheese slicer. See Table XXX (page 925) for varieties and uses of cheese.

TOMATO CHEESE SOUFFLÉ

- | | |
|-------------------------------------|---------------------|
| 1 cup strained tomato juice | 1 teaspoon salt |
| 3 tablespoons quick-cooking tapioca | dash of cayenne |
| 1 cup grated cheese | 1 tablespoon butter |
| 3 eggs, separated | |

Boil tomato juice and tapioca 1 minute, stirring constantly; add cheese, seasonings and butter, and stir until cheese is melted; remove from heat and cool slightly. Stir in well-beaten egg yolks and fold in stiffly beaten egg whites; turn into greased casserole or baking dish and put in pan of hot water; bake in moderate oven (350° F.) about 50 minutes, or until firm to touch. This type of soufflé does not fall for some time after removal from oven. Approximate yield: 4 portions.

ENGLISH MONKEY

- | | |
|-----------------------------|---------------------------------|
| 1 cup top milk | ¼ teaspoon paprika |
| 1 cup stale bread crumbs | ⅛ teaspoon dry mustard |
| 1 cup grated cheese | ½ teaspoon Worcestershire sauce |
| ½ teaspoon salt | 1 egg, slightly beaten |
| 4 slices buttered hot toast | |

Cook milk, crumbs and cheese over boiling water until cheese is melted; add seasonings and sauce, stir in egg and cook about 1 minute, stirring constantly. Pour over toast or crisp crackers. Yield: 4 portions.

TILLAMOOK CHEESE SPECIAL

- | | |
|----------------------------------------|----------------------------------|
| 2 tablespoons chopped green pepper | ½ teaspoon mustard |
| 1 tablespoon minced onion (mild onion) | 1 cup canned tomato juice |
| 2 tablespoons butter | 1 cup grated, firm yellow cheese |
| 2 tablespoons flour | 1 egg, well beaten |
| ½ teaspoon salt | ¼ cup hot milk |
| dash of cayenne | 1 cup shredded crabmeat |
| | toast points |
| bread-and-butter pickles | |

Sauté green pepper and onion in butter a few minutes; add flour, salt, cayenne, mustard, and tomato juice, and cook slowly until thickened, stirring constantly. Add cheese and mix well; stir in beaten egg; cook 2 minutes over low heat; add milk and crabmeat, mix well, and heat thoroughly. Serve on hot toast points with a garnish of bread-and-butter pickles. Approximate yield: 6 portions.

CHEESE FONDUE

1½ cups milk	⅛ teaspoon paprika
2 cups soft bread crumbs	dash of cayenne
1½ cups grated American cheese	1 tablespoon butter, melted
1 teaspoon salt	3 eggs, separated

Pour milk over bread crumbs and let stand until milk is absorbed, add cheese, seasonings, butter and well-beaten egg yolks, mixing lightly. Fold in stiffly beaten egg whites; turn into greased baking dish and bake in moderate oven (350° F.) for 30 to 45 minutes, or until delicately browned and firm to touch. Serve at once. Approximate yield: 6 portions.

OLIVE-CHEESE CUSTARD

5 slices bread, crusts removed	3 eggs, slightly beaten
2 tablespoons butter	⅛ teaspoon dry mustard
1 cup grated American cheese	⅓ cup olive liquor
½ cup sliced stuffed olives	2 cups milk, scalded

Spread bread with 1 tablespoon butter; cut in cubes and scatter ⅓ over bottom of greased casserole. Arrange layers of ⅓ cup cheese and ¼ cup olives over crumbs; repeat. Then cover with remaining bread cubes and top with remaining ⅓ cup cheese; dot with remaining tablespoon butter. Combine eggs, mustard and olive liquor; gradually stir in hot milk. Pour over mixture in casserole and bake in slow oven (300° F.) about 1 hour, or until knife inserted comes out clean. Serve as main luncheon dish. Approximate yield: 6 portions.

SCALLOPED APPLES AND CHEESE

¾ cup fine bread crumbs	salt
4 apples, pared and sliced	milk
2 cups grated American cheese	2 tablespoons butter

Line a greased baking dish with ¼ cup bread crumbs; place a layer of thinly sliced apples in bottom, cover with cheese and sprinkle with salt, using about 1 apple and ½ cup cheese for each layer. Repeat layers of apple and cheese until amounts are used. Cover with milk and sprinkle remaining ½ cup crumbs mixed with butter over top. Bake in moderate oven (350° F.) about 30 minutes, or until apples are soft; serve hot as a main luncheon or supper dish. Yield: 6 portions.

CHEESE-HALIBUT CASSEROLE

- | | |
|--------------------------------------|---------------------------------|
| 1 pound fresh halibut | 2 cups grated American cheese |
| 1 cup fine noodles | ½ teaspoon Worcestershire sauce |
| 2 cups Thin White Sauce
(page 91) | 2 tablespoons lemon juice |
| | ¼ cup buttered bread crumbs |

Cook halibut for 10 to 15 minutes; drain, remove skin and bones, and flake. Cook noodles in boiling salted water about 10 minutes; drain. Prepare white sauce; add 1 cup cheese, Worcestershire sauce and lemon juice, and cook until cheese is melted and sauce is smooth, stirring constantly. Line greased casserole with ½ of remaining cheese; add layers of noodles, fish and sauce, using ½ of each amount; repeat. Top with remaining ½ cup cheese and sprinkle buttered crumbs over all. Bake in slow oven (300° F.) about ½ hour. Approximate yield: 4 portions.

CHEESE CROQUETTES

- | | |
|------------------------------------|------------------------------------|
| 1 cup grated American cheese | 2 cups Thick White Sauce (page 91) |
| dash of paprika | sifted bread crumbs |
| 1 teaspoon grated onion | 1 egg, slightly beaten |
| 1 tablespoon finely minced parsley | 1 tablespoon water |

Add cheese, paprika, onion and parsley to white sauce in double boiler and heat until cheese is melted; turn out on well-greased platter and cool. Shape into cylinder, cone or ball shapes; roll in crumbs, dip in mixture of egg and water, and roll again in crumbs. Fry in hot deep fat (380° F.) about 1 minute, or until golden brown. Serve with a sauce such as tomato or cream sauce flavored with anchovy paste. Approximate yield: 10 croquettes.

CHEESE AND SPINACH ROLL

- | | |
|---------------------------------|--------------------------|
| 1 quart cooked, chopped spinach | ⅛ teaspoon pepper |
| 1 tablespoon butter, melted | 2 tablespoons ketchup |
| 1 cup grated cheese | 1 tablespoon horseradish |
| 1 cup cooked rice | 2 hard-cooked eggs |
| 1 teaspoon salt | sprigs of parsley |

Mix thoroughly spinach, butter, cheese, rice and seasonings; shape into roll and bake in greased pan in slow oven (325° F.) 20 minutes. Serve hot, garnished with hard-cooked eggs and parsley; Tomato Sauce (page 382) may be served with roll. Approximate yield: 6 portions.

CELERY AND CHEESE TIMBALES

2 eggs, slightly beaten	2 cups grated American cheese
salt and pepper	1 cup chopped celery
½ teaspoon Worcestershire sauce	1 cup cooked macaroni
2 cups milk	6 mushroom caps
	½ tablespoon butter

Place eggs, salt, pepper, Worcestershire sauce, 1½ cups milk and 1 cup cheese in a bowl, and beat with rotary beater. Cook celery in small amount of salted water 10 minutes, or until partially done; mix with macaroni and place in 6 greased custard cups. Fill cups with cheese mixture, set in pan of hot water and bake in moderate oven (350° F.) for 30 to 35 minutes, or until firm. Unmold on hot platter and top with mushroom caps sautéed in butter about 10 minutes. Serve with cheese sauce made by heating remaining 1 cup grated cheese and ½ cup milk over hot water until melted, and seasoning with salt and pepper to taste. Approximate yield: 6 portions.

For Celery and Cheese Ring, use a greased ring mold instead of custard cups and bake as directed.

LUNT-FONTANNE CHEESE CAKE

½ cup butter, softened	1½ teaspoons grated lemon rind
1 package (6 oz.) zwieback, crushed	3 tablespoons lemon juice
½ cup powdered sugar	½ teaspoon vanilla
4 eggs, beaten	1 cup heavy cream
1 cup sugar	1 pound (2 cups) cottage cheese
¼ teaspoon salt	¼ cup flour

Spread butter in bottom of 8-inch or 1½-quart spring mold; add mixture of ½ of crushed zwieback and powdered sugar, and press down or pack well. To well-beaten eggs, beat in granulated sugar, salt, lemon rind and juice, and vanilla; stir in cream and mixture of cheese and flour; force through a fine sieve and beat well; turn into prepared mold and sprinkle remaining crushed zwieback over top. Bake in very slow oven (250° F.) for 1 hour; then turn off heat and leave cake 1 hour longer in oven. Serve as dessert. Yield: 1 (8-inch) cake or 6 to 8 portions.

Breads

BREAD comes of humble stock. Nomadic tribes and the early Egyptians mixed it into a soft paste and baked flat cakes on stones. Fermentation was discovered when the first bit of spongy bread puffed itself importantly and baked to a more delectable yeasty loaf than ever before. From that time on bread commenced to assume the shape and texture as we know it today. The French have romanticized the memorable occasion by calling it "a union of Ceres and Bacchus" (grain and alcohol) after Ceres, the Roman Goddess of Agriculture.

CLASSIFICATION OF BREADS

BREADS may be classified as Yeast Breads and Quick Breads. If we break down this classification still further we have pour, medium or drop batters, and soft and stiff doughs, depending upon the proportion of liquid to flour they contain. For a complete classification of types of breads and facts about ingredients, see section on Cookery Methods (pages 36 to 43).

QUICK BREADS

QUICK BREADS are leavened by baking powder, baking soda and an acid, steam, or air. Popularly known as "hot breads," they include popovers, waffles, griddlecakes, muffins, quick loaves, baking powder biscuits and many derivatives. Success in making them depends on three things: the kind and the amount of each ingredient used, the method of mixing and the baking. Basic



THE VERSATILE BAKING POWDER BISCUIT

From the basic recipe for baking powder biscuits emerges a whole family of quick breads: (*reading from the top down*) drop biscuits; Christmas biscuits; Scottish tea scones (baked on a griddle); cheese pinwheels; orange tea biscuits; and—the mother of them all—baking powder biscuits (recipes, pages 114 and 115).

102 recipes are given for each type of quick bread. If for any reason the quick bread mixture cannot be baked immediately after mixing, the batter or dough can be held in the refrigerator for 15 to 30 minutes. For general directions for machine mixing, and for the substitution of other flours for wheat flour, and for the substitution of other ingredients, see section on Cookery Methods (pages 42 to 45).

A word about baking: preheated oven temperatures are used in the following recipes. Those who prefer the "cold oven start" method of baking will find general directions on page 27.

POPOVERS

POPOVERS that won't "pop" can break the heart of their maker. Often the difficulty lies *not* with the recipe or the mixing, but with the baking. Good popovers are large and muffin-shaped with a hard, glazed crust the color of toast. The inside is hollow and rather moist, but not soggy. Since steam is the powerful leavening agent and air plays an insignificant part, excessive beating is not essential. The mixture should be beaten thoroughly enough to make a smooth batter. A high starting temperature in baking releases the steam which makes the popover "pop."

POPOVERS

1 cup sifted flour	2 eggs, beaten
¼ teaspoon salt	1 cup milk (scant)
1 tablespoon shortening, melted	

Mix and sift flour and salt. Combine eggs, milk and shortening; gradually add to flour mixture, beating with rotary egg beater or electric mixer about 1 minute, or until batter is smooth. Fill greased custard cups or sizzling hot, heavy iron muffin pans $\frac{1}{3}$ full and bake in very hot oven (450° F.) about 20 minutes; then reduce heat to moderate (350° F.) and continue baking 15 to 20 minutes, or until popovers are firm. Approximate yield: 8 large popovers.

GRIDDLECAKES and waffles are first cousins to popovers. Although there is no physical resemblance, all are made from a pour or medium-thin batter. The perfect griddlecake is golden brown and tender. The standard waffle is light, porous and crisp enough to be eaten with the fingers when the mood strikes. Left-over batter can be covered and kept in the refrigerator for a week before baking. Prepared flours, such as buckwheat, are convenient to have and quickly mixed.

BAKING

GRIDDLECAKES may be baked on a heavy frying pan, a soapstone griddle or an aluminum griddle. Waffles are baked in a heat-controlled electric iron, or in a plain cast iron or aluminum waffle iron. The iron is hot enough for baking when a drop of cold water "sputters" or boils rapidly on its surface. It should not be necessary to grease a griddle or waffle iron after an initial rubbing with unsalted fat or oil when the iron is new. The batter has sufficient fat in it to prevent sticking.

Pour the batter from a narrow-mouthed pitcher or drop it from the tip of a spoon. Turn griddlecakes only once during the baking and before they are dry on top. The waffle batter should partly fill each compartment to prevent overflow. Keep the cover closed and bake waffles until steam is no longer visible.

GRIDDLECAKES

2 cups sifted flour	1 tablespoon sugar
3 teaspoons baking powder	1 or 2 eggs, well beaten
½ teaspoon salt	1½ cups milk (scant)
2 tablespoons shortening, melted	

Mix and sift dry ingredients. Combine egg and milk; add flour mixture and beat until smooth; add shortening. Bake on ungreased, hot griddle. For a thick cake, use 1 to 1½ cups milk. Approximate yield: 2 dozen small cakes.

MODIFICATIONS OF GRIDDLECAKES

(Use recipe on page 103)

Blueberry Pancakes—Add 1 cup fresh or drained, canned blueberries to batter. Bake slowly on greased, hot griddle. Spread with butter, sprinkle with brown sugar and roll; or serve plain with blueberry hard sauce. (See Strawberry Hard Sauce on page 632.)

Apple Pancakes—Add 1 cup finely chopped apples to batter. Bake slowly on greased, hot griddle. Spread with butter, sprinkle generously with freshly shaved maple sugar or with brown sugar and roll. Serve hot on platter with bacon, sausages or pork roast.

Pineapple Pancakes—Add 1 cup drained, crushed pineapple to batter. Bake slowly on greased, hot griddle. Serve with butter and honey.

Cherry or Peach Griddlecakes—Add 1 cup drained, chopped cherries or peaches, fresh or canned, to batter. Bake slowly on greased, hot griddle. Serve hot with butter and a syrup of cherry juice and sugar.

Jelly-filled Pancakes—Butter hot griddlecakes, spread with a tart jelly or jam and roll tightly, or serve rolled, buttered cakes with a sauce made by beating together equal amounts of whipped cream and jelly which has been beaten with a fork until smooth.

SOUR MILK GRIDDLECAKES

Use recipe for Griddlecakes (page 103); substitute 1 teaspoon baking soda for baking powder and 2 cups sour milk or buttermilk (scant) for sweet milk. Approximate yield: 2 dozen griddlecakes.

CORNMEAL GRIDDLECAKES

Use recipe for Griddlecakes (page 103); substitute $\frac{3}{4}$ cup cornmeal for $\frac{3}{4}$ cup flour and dark molasses for sugar. Bake slowly on greased, hot griddle. Approximate yield: 2 dozen griddlecakes.

RICE GRIDDLECAKES

Use recipe for Griddlecakes (page 103); substitute 1 cup boiled rice for 1 cup flour and reduce milk to 1 cup. Add rice to egg-milk mixture. Bake on greased, hot griddle. Yield: $1\frac{1}{2}$ dozen griddlecakes.

CRUMB GRIDDLECAKES

½ cup sifted flour	2 eggs, well beaten
3 teaspoons baking powder	1½ cups milk
½ teaspoon salt	2 tablespoons shortening, melted
1½ cups fine, stale bread crumbs	½ cup currants

Mix and sift flour, baking powder and salt; stir in bread crumbs. Combine egg and milk; add to flour-crumbs mixture, beating until well mixed. Add shortening and currants which have been washed and heated in moderately slow oven (325° F.) until plump. Bake on greased, hot griddle. Approximate yield: 20 griddlecakes.

CORN GRIDDLECAKES

1 cup sifted flour	1 egg, well beaten
1½ teaspoons baking powder	1 cup fresh corn or drained, canned corn
½ teaspoon salt	½ cup milk
¼ teaspoon paprika	2 tablespoons shortening, melted

Mix and sift dry ingredients. Combine egg, corn and milk; add flour mixture and beat until well mixed; add shortening. Bake on greased, hot griddle. If desired, butter each cake as cooked, dust with shaved maple sugar and place in stacked piles of six; or cut in wedge-shaped pieces, and serve with bacon; or omit sugar and serve wedges with a chicken dinner. Yield: 1 dozen cakes.

BUCKWHEAT CAKES

Use recipe for Griddlecakes (page 103); substitute 1 cup buckwheat flour for 1 cup flour, increase sugar and shortening to 3 tablespoons each, and increase milk if necessary. Approximate yield: 2 dozen small cakes.

RAISED BUCKWHEAT CAKES

2 cups milk, scalded	1¾ cups buckwheat flour
¼ cake compressed yeast	1 tablespoon molasses
½ teaspoon salt	¼ teaspoon baking soda
	¼ cup water, lukewarm

Cool milk until lukewarm; crumble yeastcake into it and add salt and buckwheat flour, beating until smooth. Let rise overnight. Just before baking, stir in mixture of molasses, soda and water. Bake on lightly greased, hot griddle. Approximate yield: 1½ dozen cakes.

FRENCH PANCAKES

1 cup sifted flour	3 eggs, well beaten
½ teaspoon salt	1 cup milk
2 tablespoons shortening, melted	

Mix flour and salt. Combine eggs and milk; add flour and beat until smooth. Add shortening. Bake on hot griddle, making cakes about 3 inches in diameter, or in very small frying pan, cooking one at a time. Spread each with a tart jelly and roll while hot; arrange on platter and sprinkle with sugar, if desired. Approximate yield: 1½ dozen small, or 1 dozen 5-inch pancakes.

CRÊPES SUZETTES

For crêpes, use recipe for French Pancakes (see above); add 1 teaspoon grated lemon rind to batter. Reheat crêpes in Suzette Sauce.

SUZETTE SAUCE

6 lumps sugar	¼ teaspoon vanilla
1 orange	¼ cup powdered sugar
1 lemon	1 pony brandy flavoring
¼ cup sweet butter	1 pony cointreau flavoring

Rub lumps of sugar on outside of orange and lemon for flavor and color and squeeze juice from orange. Place butter in hot chafing dish, add prepared lump sugar, orange juice and vanilla, and reduce heat. Add crêpes and cook until sauce is reduced to a heavy syrup. Fold crêpes in quarters, sprinkle with powdered sugar and pour brandy and cointreau flavoring over them. Ignite and serve 3 with sauce to a portion. Or pour equal parts Curaçao and Grand Marnier over crêpes, ignite and serve. Approximate yield: 6 portions.

GERMAN POTATO PANCAKES

3 eggs, separated	3 cups milk
1 teaspoon salt	2½ cups sifted flour
1 tablespoon sugar	1 tablespoon shortening, melted
3 cups grated raw potatoes	

To well-beaten egg yolks add salt, sugar and milk. Gradually add flour and shortening, beating well. Stir in grated potatoes; fold in stiffly beaten egg whites. Bake at once on greased, hot griddle. Finely chopped onions are sometimes put on top of batter on griddle. Serve hot with meat. Approximate yield: 2 dozen pancakes.

WAFFLES

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2 cups sifted flour	3 eggs, separated
3 teaspoons baking powder	1¼ cups milk
½ teaspoon salt	¼ cup shortening, melted

Mix and sift dry ingredients. Combine well-beaten egg yolks and milk, and add to flour mixture, beating until smooth; add shortening and fold in stiffly beaten egg whites. Bake in hot waffle iron. Approximate yield: 6 waffles.

MODIFICATIONS OF WAFFLES

Sour Milk Waffles—Substitute ¾ teaspoon soda for baking powder and 1½ cups sour milk or buttermilk for sweet milk.

Ham Waffles—Sprinkle 2 tablespoons finely diced smoked ham, cooked or uncooked, over batter of each waffle before closing iron.

Nut Waffles—Add ½ cup chopped nuts to batter, or sprinkle nuts over batter of each waffle before closing iron.

Cheese Waffles—Add 1 cup grated American cheese to batter before folding in stiffly beaten egg whites.

Lemon or Orange Waffles—Add 2 teaspoons grated lemon or orange rind to egg yolk-milk mixture. Serve with butter and orange or grapefruit marmalade, or top with ice cream and Orange Sauce (page 628). To serve with a fruit salad, substitute 3 tablespoons lemon or ½ cup orange juice for an equal quantity of milk.

Coconut Waffles—Add 1 cup shredded coconut to batter, or sprinkle coconut over batter of each waffle before closing iron.

CREAM WAFFLES

2 cups sifted flour	1 tablespoon sugar
½ teaspoon baking soda	2 eggs, separated
½ teaspoon salt	2 cups sour heavy cream

Mix and sift dry ingredients. Combine well-beaten egg yolks and cream; add to flour mixture, beating until smooth. Fold in stiffly beaten egg whites. Bake in hot waffle iron. Yield: 5 waffles.

CORNMEAL WAFFLES

1 cup sifted flour	1 tablespoon sugar
1 cup cornmeal	2 eggs, separated
3 teaspoons baking powder	1¼ cups milk
1 teaspoon salt	3 tablespoons shortening, melted

Mix and sift flour, cornmeal, baking powder, salt and sugar. Combine well-beaten egg yolks and milk; add to flour mixture, beating until smooth. Add shortening. Fold in stiffly beaten egg whites. Bake in hot waffle iron. Approximate yield: 6 waffles.

GINGERBREAD WAFFLES

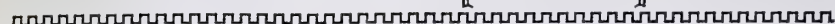
2 cups sifted flour	2 eggs, separated
¾ teaspoon baking soda	1 cup molasses
½ teaspoon salt	⅓ cup shortening, melted
2 teaspoons ginger	½ cup sour milk or buttermilk

Mix and sift dry ingredients. Combine well-beaten egg yolks and molasses; add to flour mixture alternately with sour milk, beating until smooth; add shortening and fold in stiffly beaten egg whites. Bake in hot waffle iron, removing tender waffle from iron in quarters. Serve hot with applesauce and bacon, or serve as a dessert with whipped cream flavored with molasses. Approximate yield: 8 waffles.

MUFFINS

MUFFINS can be made in such infinite variety, that no single type need appear oftener than once a week. A good muffin is about doubled in size after baking, rounded, with a golden brown crust and tender, moist crumb having uniformly small air cells.

Mixing and Baking. Stir the mixture just enough to hold the ingredients together. It should not even be smooth. Overbeating causes tunnels and uneven grain, and toughens the product. Fill the greased pans about two-thirds full by means of a spoon or small ice cream scoop. When thoroughly baked, the muffins will be well-browned and firm to the touch. They should be removed at once from the pans and eaten promptly.



PLAIN MUFFINS

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2 cups sifted flour	3 tablespoons sugar
3 teaspoons baking powder	1 egg, well beaten
½ teaspoon salt	1 cup milk
3 tablespoons shortening, melted	

Mix and sift dry ingredients. Combine egg, milk and shortening and add to flour mixture, stirring only until mixed. Use tablespoon to dip batter into greased muffin pans and fill them $\frac{2}{3}$ full. Bake in hot oven (425° F.) for 20 to 30 minutes, according to size of muffin. Approximate yield: 1 dozen medium-sized muffins.

MODIFICATIONS OF PLAIN MUFFINS

Blueberry Muffins—Add 1 cup fresh blueberries or huckleberries to sifted dry ingredients.

Cherry Muffins—Add $\frac{3}{4}$ cup drained, chopped cherries, fresh or canned, to muffin batter.

Cranberry Muffins—Add $\frac{3}{4}$ cup chopped cranberries mixed with 3 tablespoons sugar to sifted dry ingredients.

Dried Fruit Muffins—Add to sifted dry ingredients $\frac{1}{2}$ cup of one of the following fruits, whole, sliced, or chopped: raisins, currants, dates, figs, prunes, apricots, peaches, or a combination of prunes and raisins.

Nut Muffins—Add $\frac{1}{2}$ cup coarsely chopped nuts to sifted dry ingredients.

Bacon or Ham Muffins—Reduce sugar to 2 tablespoons and add $\frac{1}{3}$ cup coarsely chopped crisp bacon or finely cut boiled ham to sifted dry ingredients.

Cheese Muffins—Add dash of paprika and $\frac{2}{3}$ cup grated American cheese to sifted dry ingredients. Sprinkle additional grated cheese over tops of muffins and bake in hot oven (400° F.) about 30 minutes.

SOUR MILK MUFFINS

Use recipe for Plain Muffins (see above); reduce baking powder to 1 teaspoon, add $\frac{1}{2}$ teaspoon baking soda, and substitute thick sour milk or buttermilk for sweet milk. Approximate yield: 1 dozen medium-sized muffins.

BREADS [MUFFINS]

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SWEET CREAM MUFFINS

Use recipe for Plain Muffins (page 109); increase salt to $\frac{3}{4}$ teaspoon, substitute $1\frac{1}{4}$ cups heavy cream for milk and shortening. Approximate yield: 1 dozen muffins.

SOUR CREAM MUFFINS

Use recipe for Plain Muffins (page 109); reduce baking powder to 1 teaspoon and add $\frac{1}{2}$ teaspoon baking soda, increase salt to $\frac{3}{4}$ teaspoon and substitute $1\frac{1}{4}$ cups sour heavy cream for milk and shortening. Approximate yield: 1 dozen muffins.

WHOLE WHEAT MUFFINS

Use recipe for Plain Muffins (page 109); substitute brown for granulated sugar, and 1 cup unsifted whole wheat or graham flour for 1 cup all-purpose flour, adding it to sifted dry ingredients; increase salt to $\frac{3}{4}$ teaspoon. Modifications for Plain Muffins (page 109) may also be used. Yield: 14 medium-sized muffins.

CORNMEAL MUFFINS

Use recipe for Plain Muffins (page 109); substitute 1 cup cornmeal for 1 cup flour; sugar may be omitted, if desired. Approximate yield: 14 medium-sized muffins.

BRAN MUFFINS

Mix and sift 1 cup flour with $3\frac{1}{2}$ teaspoons baking powder and $\frac{1}{2}$ teaspoon salt. Stir in 2 tablespoons brown or white sugar and 1 cup bran. Combine 1 egg, beaten, $\frac{2}{3}$ cup milk and 2 tablespoons fat, melted. Add to dry ingredients and mix quickly. Turn into greased muffin pans and bake in hot oven (425° F.) 25 minutes. Approximate yield: 12 small muffins. Raisins or chopped dried prunes may be added if desired.

HALF-IN-HALF-OUT MUFFINS

Mix together $\frac{1}{2}$ cup firmly packed brown sugar, 2 tablespoons cinnamon, 1 cup chopped nut meats and 2 tablespoons butter, melted; add $\frac{1}{2}$ to Plain Muffin batter (page 109). Fill greased muffin pans $\frac{1}{2}$ full and sprinkle remaining sugar-nut mixture over tops; bake as directed. Approximate yield: $1\frac{1}{2}$ dozen muffins.

RICE MUFFINS

III

2 cups sifted flour	2 eggs, well beaten
4 teaspoons baking powder	1 cup cold cooked rice
½ teaspoon salt	1 cup milk
3 tablespoons shortening, melted	

Mix and sift dry ingredients. Combine remaining ingredients and add to flour, stirring until well mixed. Use tablespoon to dip batter into greased muffin pans and fill them $\frac{2}{3}$ full. Bake in hot oven (425° F.) about 25 minutes. Cooked cereals may be substituted for rice. Approximate yield: 1 dozen large muffins.

PECAN ORANGE MUFFINS

1¾ cups sifted cake flour	2 eggs, separated
3 teaspoons baking powder	¼ cup milk
¼ teaspoon salt	¾ teaspoon grated orange rind
½ cup shortening	¼ cup orange juice
¾ cup sugar	¾ cup chopped pecan meats

Mix and sift flour, baking powder and salt. Cream shortening until soft and smooth, and gradually add sugar, creaming until fluffy; beat in well-beaten egg yolks. Add flour alternately with mixture of milk, orange rind and juice, beating until smooth after each addition; stir in nuts and fold in stiffly beaten egg whites. Turn into greased muffin pans, filling them $\frac{2}{3}$ full; bake in moderately hot oven (375° F.) about 20 minutes. Yield: 1 dozen medium-sized muffins.

HONEY BRAN MUFFINS

2 cups sifted flour	¾ cup chopped walnuts
4 teaspoons baking powder	1 egg, well beaten
¾ teaspoon salt	½ cup honey
2 cups bran	1¼ cups milk
1 tablespoon shortening, melted	

Mix and sift flour, baking powder and salt; stir in bran and nuts. Combine remaining ingredients and add to flour-bran mixture, stirring only until mixed. Use tablespoon to dip batter into greased muffin pans and fill them $\frac{2}{3}$ full. Bake in hot oven (400°–425° F.) for 25 to 35 minutes. Approximate yield: 16 large muffins.

BREADS [MUFFINS]

112

GRAHAM APPLE MUFFINS

16 graham crackers	1 egg, well beaten
¼ teaspoon salt	2 tablespoons shortening, melted
2 tablespoons sugar	2 teaspoons baking powder
½ cup milk, scalded	2 cooking apples
	cinnamon

Crush and roll crackers; add salt, sugar and hot milk, and mix well; add egg and shortening. Sift baking powder over batter and mix well. Fill greased muffin pans $\frac{2}{3}$ full. Pare, core and slice apples; place 2 or 3 slices on top of each muffin and sprinkle with cinnamon. Bake in hot oven (400° F.) for 20 to 25 minutes. Approximate yield: 1 dozen small muffins.

GINGER CHEESE MUFFINS

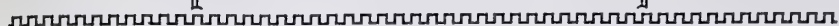
2 cups sifted flour	$\frac{2}{3}$ cup grated American cheese
3 teaspoons baking powder	1 egg, beaten
¼ teaspoon baking soda	½ cup milk
½ teaspoon salt	½ cup molasses
½ teaspoon ginger	¼ cup shortening, melted

Mix and sift dry ingredients; stir in grated cheese. Combine egg, milk, molasses and shortening; add to flour mixture, stirring only until mixed. Use tablespoon to dip batter into greased muffin pans and fill them $\frac{2}{3}$ full. Bake in hot oven (425° F.) for 20 to 30 minutes. Approximate yield: 1 dozen medium-sized muffins.

CORN STICKS

1 cup sifted flour	1 teaspoon salt
1 cup cornmeal	1 egg, beaten
½ teaspoon baking soda	1 cup sour milk or buttermilk
	1 tablespoon shortening, melted

Mix and sift flour, cornmeal, soda and salt. Combine egg and milk; add to flour mixture, stirring until well mixed; stir in shortening. Turn into greased bread-stick pans and bake in hot oven (425° F.) for 15 to 20 minutes. To use sweet instead of sour milk, substitute 3 teaspoons baking powder for soda. For cornbread, bake in greased, shallow pan in hot oven (400° F.) about 30 minutes. Approximate yield: 12 corn sticks, or 8 portions.



SOUTHERN MUFFINS

113

1 cup prepared pancake flour	½ teaspoon salt
½ cup cornmeal	¼ cup chopped nuts
½ teaspoon baking soda	1 egg, beaten
1 cup sour light cream	

Mix together pancake flour, cornmeal, soda and salt; stir in nuts. Combine egg and sour cream; add to first mixture, stirring until well mixed. Use tablespoon to dip batter into greased muffin pans and fill them $\frac{2}{3}$ full. Bake in hot oven (400° F.) about 15 minutes. Approximate yield: 8 medium-sized muffins.

CORNMEAL GEMS

2 cups cornmeal	2 cups milk
$\frac{3}{4}$ teaspoon salt	2 tablespoons shortening
2 tablespoons sugar	2 eggs, well beaten

Mix together dry ingredients and stir into scalded milk; add shortening and cool; stir in eggs. Fill greased muffin pans $\frac{2}{3}$ full. Bake in hot oven (400° F.) about 30 minutes. Approximate yield: 1 dozen gems.

BAKING POWDER BISCUITS

THE STANDARD for a good baking powder biscuit varies geographically. In the South, a flat biscuit is generally preferred. The North favors a tall, puffy biscuit. Perfect baking powder biscuits are symmetrical in shape, doubled in size, with flaky, tender crumb. Prepared biscuit flours make excellent standard biscuits developed as they are from tested recipes. Even the novice can excel as a biscuit maker when prepared biscuit mixtures are used.

Mixing. Experience counts in the making of baking powder biscuits. A more flaky biscuit is obtained if the flour and shortening are not too finely mixed. Flours vary in the amount of liquid they will absorb, therefore it is best to stir in all but 1 or 2 tablespoons of the liquid, adding the additional liquid, if needed, as quickly as possible and before the mixture is smooth. The mixture is kneaded lightly for a few seconds before shaping, to produce a more flaky biscuit.

BAKING POWDER BISCUITS

2 cups sifted flour	$\frac{1}{2}$ teaspoon salt
3 teaspoons baking powder	$\frac{1}{4}$ cup shortening
	$\frac{3}{4}$ cup milk (about)

Mix and sift dry ingredients; cut in shortening until well mixed and add milk, stirring quickly until a soft but not sticky dough is formed. Turn out on lightly floured board and knead just enough to shape into smooth ball; roll lightly or pat $\frac{1}{2}$ inch thick, and cut with floured biscuit cutter. Place on ungreased baking sheet, $\frac{1}{2}$ inch apart for a crusty biscuit and close together for a tall, soft biscuit; bake in very hot oven (450° F.) for 12 to 15 minutes. For less short biscuit, reduce shortening to 2 tablespoons; for a richer biscuit, increase shortening to $\frac{1}{3}$ cup and reduce milk to $\frac{2}{3}$ cup (about). Approximate yield: 14 (2-inch) biscuits.

MODIFICATIONS OF BAKING POWDER BISCUITS

(Use recipe above)

Nut Biscuits—Add $\frac{1}{2}$ cup chopped black walnuts to flour-shortening mixture. Other nut meats may be used, if desired.

Orange Tea Biscuits—Press a small lump of sugar dipped in orange juice into top of each biscuit, sprinkle with grated orange rind and bake as directed.

Christmas Biscuits—Use $\frac{1}{3}$ cup shortening; add 2 tablespoons chopped green pepper to flour-shortening mixture. Cut rolled dough with star-shaped cutter and serve as bread or with a salad.

Cheese Biscuits—Add $\frac{1}{2}$ cup grated American cheese to dry ingredients; reduce milk to $\frac{2}{3}$ cup and add to 1 slightly beaten egg. Brush biscuits with milk or melted butter just before removing from oven. Serve as bread, with a salad, or as tea biscuits. Approximate yield: 2 dozen small biscuits.

Roquefort Cheese Biscuits—Add a dash of cayenne and $\frac{1}{4}$ cup Roquefort cheese, crumbled, to dry ingredients. Cut dough with $1\frac{3}{4}$ -inch biscuit cutter; brush tops of biscuits with 2 tablespoons melted butter before baking. Approximate yield: 2 dozen small biscuits.



Savory Biscuits—Roll dough $\frac{1}{4}$ inch thick, cut with floured $1\frac{1}{2}$ -inch biscuit cutter and spread $\frac{1}{2}$ of rounds with concentrated beef and vegetable extract; cover with remaining rounds, press edges together lightly. Bake as directed and serve with consommé, main course or green salad. Approximate yield: 1 dozen small biscuits.

Scottish Tea Scones—Divide dough in half; roll each into a round piece $\frac{1}{2}$ inch thick and cut in quarters. Bake slowly on greased, hot griddle about 20 minutes, turning frequently for even browning; split open, butter and place in oven to melt butter. Yield: 8 scones.

DROP BISCUITS

Use recipe for Baking Powder Biscuits (page 114); increase milk to 1 cup (scant) and drop from teaspoon on ungreased baking sheet. Bake in very hot oven (450° F.) for 12 to 15 minutes. Approximate yield: 16 biscuits.

SODA BISCUITS

Use recipe for Baking Powder Biscuits (page 114); substitute $\frac{1}{2}$ teaspoon baking soda for baking powder and thick, sour milk or buttermilk for sweet milk. Approximate yield: 14 biscuits.

WHOLE WHEAT BISCUITS

Use recipe for Baking Powder Biscuits (page 114); substitute 1 cup unsifted whole wheat or graham flour for 1 cup all-purpose flour and use $\frac{3}{4}$ teaspoon salt. Approximate yield: 14 biscuits.

CORN BISCUITS

Use recipe for Baking Powder Biscuits (page 114); increase salt to 1 teaspoon, reduce milk to $\frac{1}{2}$ cup (scant) and add $\frac{2}{3}$ cup grated fresh corn or drained, canned corn, to milk. Brush tops of unbaked biscuits with melted butter; bake in hot oven (425° F.) for 12 to 15 minutes. Approximate yield: 2 dozen small biscuits.

CREAM BISCUITS

Use recipe for Baking Powder Biscuits (page 114); increase salt to 1 teaspoon, add 1 tablespoon sugar and sift with dry ingredients, and substitute 1 cup medium cream (scant) for shortening and sweet milk. Approximate yield: 1 dozen biscuits.

BREADS [BAKING POWDER BISCUITS]

116

FILLED BISCUITS

- 1 recipe Whole Wheat Biscuits $\frac{1}{2}$ cup honey
(page 115) 2 tablespoons butter
 $\frac{1}{2}$ cup chopped raisins

Roll biscuit dough $\frac{1}{4}$ inch thick and cut with floured $1\frac{1}{2}$ -inch biscuit cutter. Spread filling of honey, butter and raisins on $\frac{1}{2}$ of rounds, using 1 teaspoon on each; cover with remaining rounds and press edges together with a fork. Bake as directed. Yield: 1 dozen small biscuits.

CHERRY ROLLS

- 1 recipe Cream Biscuits (page 115) $\frac{1}{2}$ cup chopped pecans
6 tablespoons butter, melted 5 tablespoons brown sugar
12 maraschino cherries, quartered

Prepare biscuit dough and roll into oblong piece, $\frac{1}{4}$ inch thick; brush with 2 tablespoons melted butter, sprinkle with nuts, roll as for jelly roll and cut in 1-inch slices. Put 1 teaspoon of remaining butter and 1 teaspoon brown sugar in each of 12 muffin tins and arrange cherries on mixture; place slice of cherry roll on top and press down well. Bake in hot oven (400° F.) for 15 to 20 minutes. Yield: 1 dozen rolls.

BUTTERSCOTCH ROLLS

- 1 recipe Baking Powder Biscuits $\frac{1}{3}$ cup butter
(page 114) $\frac{1}{3}$ cup firmly packed brown sugar

Prepare biscuit dough and roll into oblong piece $\frac{1}{4}$ inch thick; spread with creamed mixture of butter and brown sugar. Roll as for jelly roll and cut in 1-inch slices; place slices in greased pan or muffin pans and bake in hot oven (400° F.) for 15 to 20 minutes. Approximate yield: 10 rolls.

MODIFICATIONS OF BUTTERSCOTCH ROLLS

Pecan Rolls—Sprinkle $\frac{1}{2}$ cup chopped pecans over butter-sugar mixture spread on rolled dough.

Cinnamon Rolls—Substitute $\frac{1}{2}$ cup granulated sugar for brown sugar and add 1 teaspoon cinnamon. If desired, sprinkle $\frac{1}{2}$ cup currants over butter-sugar mixture when spread on rolled dough.



Maple Nut Pinwheels—Spread rolled dough with softened butter and sprinkle with $\frac{1}{2}$ cup each maple sugar and chopped walnuts; spread tops of slices with butter. 117

Date Rolls—Brush rolled dough with melted butter and spread with $\frac{1}{3}$ cup date butter; brush tops of slices with butter.

Orange Tea Rolls—Brush rolled dough with melted butter and sprinkle with $\frac{1}{4}$ cup sugar and $\frac{1}{2}$ cup finely chopped, candied orange peel; brush tops of slices with butter. Spread Lemon Icing (page 615) on top of cooled baked rolls.

Orange Marmalade Rolls—Brush rolled dough with melted butter and spread with $\frac{1}{2}$ cup of a thick, tart orange marmalade, or any other tart marmalade, jam or jelly; brush tops of slices with butter.

Cheese Pinwheels—Brush rolled dough with melted butter and sprinkle with 1 cup grated American cheese; brush tops of slices with butter. If desired, add $\frac{1}{2}$ cup grated cheese to biscuit dough and sprinkle remaining $\frac{1}{2}$ cup cheese over rolled dough.

PARMESAN CHEESE BISCUITS

2 cups prepared biscuit mix	1/4 cup Parmesan cheese
3/4 cup milk	2 tablespoons butter

Combine biscuit mix and milk and shape into biscuits as directed on package. Blend cheese and butter; spread 1 teaspoon on top of each biscuit. Place on ungreased baking sheet and bake in hot oven (400° F.) for 10 to 12 minutes. Yield: $1\frac{1}{2}$ dozen biscuits.

CHEESE TEA BISCUITS

2 cups sifted flour	1/2 lb. American cheese
1 teaspoon salt	3/4 cup butter
dash of cayenne	1 egg, slightly beaten
2 tablespoons ground pecans	

Mix and sift dry ingredients. Put cheese through food chopper and mix thoroughly with butter and flour to a firm paste; turn out on lightly floured board and pat $\frac{1}{4}$ inch thick. Cut into round or fancy shapes and brush with egg and sprinkle with pecans. Place on greased baking sheet and bake in slow oven (300° F.) for 15 to 20 minutes. Approximate yield: 3 dozen small tea biscuits.

BREADS [BEATEN BISCUITS AND SCONES]

118

MARYLAND BEATEN BISCUITS

3 cups sifted flour	$\frac{1}{3}$ cup shortening
$\frac{1}{2}$ teaspoon salt	$\frac{1}{4}$ cup ice water
	$\frac{1}{4}$ cup milk

Sift flour with salt and cut in shortening until well mixed; add ice water and milk, stirring until a very stiff dough is formed. Knead thoroughly and run dough through a biscuit machine or meat grinder, using the coarse knife; or place dough on biscuit block and beat with heavy mallet or club 30 minutes, or until dough blisters and is smooth, keeping dough round and turning edges in after each blow. Roll $\frac{1}{2}$ inch thick, cut with small biscuit cutter, prick lightly with fork and bake in moderate oven (350° F.) about 25 minutes, or until a delicate ivory color. Approximate yield: 2 dozen biscuits.

SCOTCH CREAM SCONES

2 cups sifted flour	1 tablespoon sugar
3 teaspoons baking powder	$\frac{1}{2}$ cup shortening
$\frac{1}{2}$ teaspoon salt	2 eggs, beaten
	$\frac{1}{2}$ cup light cream (scant)

Mix and sift dry ingredients and cut in 5 tablespoons shortening; beat together eggs and cream, and stir into dry ingredients. Toss dough on lightly floured board and divide in 2 equal parts; roll each into round piece, $6\frac{1}{2}$ inches in diameter, and cut in quarters. Place in greased round baking pans, brush tops with remaining shortening, melted, and bake in hot oven (425° F.) about 15 minutes. Or roll dough lightly into sheet $\frac{1}{2}$ inch thick; cut in diamond-shaped pieces with floured knife; brush with melted shortening, and sprinkle with additional sugar. Approximate yield: 8 large scones, or 16 diamond-shaped scones.

QUICK LOAF BREADS

QUICK LOAF BREADS keep well and are favorites at tea or supper when they may be sliced thinly and served plain or made into dainty sandwiches. To slice smoothly, the bread should not be cut until 24 hours after baking. A good quick loaf bread has a rounded top, uniformly brown, with a crumb that is moist, not dry and crumbly, and studded with small, even air cells.

Mixing and Baking. The procedure is similar to a muffin mix. 119
The same caution applies—do not overbeat. Stir only enough to mix and moisten all the ingredients. Small or medium-sized loaf pans should be used. Too large a pan lengthens the cooking period and tends to dry out the loaf. The bread is done when it shrinks slightly from the sides of the pan and the crust is golden brown and firm to the touch; or when a cake tester inserted in the loaf comes out clean. Remove at once from the pans, and cool, uncovered, before storing.

NUT BREAD

3 cups sifted flour	1 cup chopped nuts
4½ teaspoons baking powder	2 eggs, well beaten
1 teaspoon salt	1 cup milk
½ cup sugar	¼ cup shortening, melted

Mix and sift dry ingredients; stir in nuts. Combine eggs and milk, and add to flour mixture, stirring only until well mixed; add shortening. Turn into greased loaf pan and bake in moderate oven (350° F.) about 1 hour. Yield: 1 loaf, 9 x 5 x 3 inches.

MODIFICATIONS OF NUT BREAD

Orange Sandwich Bread—Substitute 1 cup finely chopped, candied orange peel for nuts, or use ½ cup each chopped nuts and candied orange or grapefruit peel.

Fruit Nut Bread—Reduce nuts to ½ cup and add 1 cup of one of the following fruits: raisins, currants, or sliced dates or dried apricots.

Spiced Fruit Bread—Increase sugar to ¾ cup and substitute 1 cup currants and ½ cup raisins for nuts. Sift the following spices with dry ingredients: ¾ teaspoon cinnamon and ¼ teaspoon each mace, cloves, ginger and nutmeg.

Quick Whole Wheat Bread—Substitute 1½ cups unsifted entire wheat or graham flour for 1½ cups all-purpose flour; use ¼ cup firmly packed brown sugar for granulated sugar.

Black Walnut Bread—Substitute ½ cup chopped black walnuts and 1 cup chopped dates for 1 cup nuts in recipe for Whole Wheat Bread.

BREADS [CEREAL BREADS]

120

BRAN BREAD

1½ cups sifted flour	½ cup chopped dates
4½ teaspoons baking powder	1 egg, well beaten
1 teaspoon salt	¾ cup milk
½ cup sugar	¼ cup molasses
1½ cups bran	¼ cup shortening, melted

Mix and sift flour, baking powder, salt and sugar; stir in bran and raisins. Combine egg, milk and molasses; add to flour mixture, stirring only until well mixed; add shortening. Turn into greased loaf pan and bake in moderate oven (350° F.) about 1 hour. Yield: 1 loaf, 8 x 4 inches.

BANANA BREAD

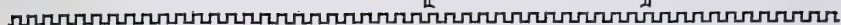
1¾ cups sifted flour	½ cup shortening
1 teaspoon baking soda	¾ cup sugar
1 teaspoon cream of tartar	2 eggs, well beaten
½ teaspoon salt	1 cup banana pulp

Mix and sift flour, baking soda, cream of tartar and salt. Cream shortening well and beat in sugar. Add eggs, mixing well. Mash ripe bananas, as soon as peeled, with a silver fork. (3 to 4 ripe bananas yield 1 cup.) Add flour alternately with banana, mixing well after each addition. Turn into greased loaf pan and bake in moderate oven (350° F.) 1 hour or until done. Yield: 1 loaf, 8 x 4 x 3 inches.

CEREAL BREAD

1½ cups sifted flour	¼ cup sugar
¼ cup cornmeal	1 cup bran
2½ teaspoons baking powder	½ cup quick-cooking oatmeal
¾ teaspoon baking soda	1½ cups sour milk or buttermilk
½ teaspoon salt	1 tablespoon shortening, melted

Mix and sift flour, cornmeal, baking powder, soda, salt and sugar; stir in bran and oatmeal; add sour milk and shortening, stirring only until well mixed. Turn into greased loaf pan and bake in moderate oven (350° F.) for 45 to 50 minutes. Yield: 1 loaf, 9 x 5 x 3 inches.



FLAKED CEREAL BREAD

121

2 cups sifted flour	½ cup chopped nuts
3 teaspoons baking powder	1 egg, well beaten
1 teaspoon salt	¾ cup milk
½ cup sugar	3 tablespoons shortening, melted
1 teaspoon grated orange rind	1 cup cornflakes

Mix and sift flour, baking powder, salt and sugar; stir in orange rind and nuts. Combine egg, milk and shortening, and add to flour mixture, stirring only until well mixed; stir in cornflakes. Turn into greased loaf pan and bake in moderate oven (350° F.) about 1 hour. Any flaked, prepared breakfast food may be used instead of cornflakes. Yield: 1 loaf, 9 x 5 x 3 inches.

ORANGE BREAD

1½ cups sifted flour	2 tablespoons shortening
2½ teaspoons baking powder	¼ cup sugar
½ teaspoon salt	1 egg
½ cup minced, candied orange peel	½ cup milk
¼ cup orange juice	

Mix and sift flour, baking powder and salt; stir in candied orange peel. Cream shortening; gradually add sugar, creaming until well mixed, and beat in egg. Add flour mixture alternately with milk, beating well after each addition; stir in orange juice. Turn into greased loaf pan and bake in moderate oven (350° F.) for 45 to 60 minutes. Yield: 1 loaf, 8 x 4 inches.

WHOLE WHEAT NUT BREAD

1 cup sifted all-purpose flour	2 cups whole wheat flour
1 teaspoon baking powder	1 cup chopped walnuts
1¼ teaspoons baking soda	½ cup chopped raisins
1 teaspoon salt	2 cups sour milk or buttermilk
½ cup sugar	½ cup molasses

Mix and sift all-purpose flour, baking powder, soda, salt and sugar; stir in whole wheat flour, walnuts and raisins. Combine sour milk and molasses; add to flour mixture, stirring only until well mixed. Turn into greased loaf pan and bake in moderate oven (350° F.) about 1 hour. Yield: 1 loaf, 9 x 5 x 3 inches.

MODIFICATIONS OF WHOLE WHEAT NUT BREAD

(Use recipe on page 121)

Fig Bread—Substitute 1 cup finely shredded figs for nuts and raisins.

Prune Bread—Substitute 1 cup chopped, cooked prunes for nuts and raisins.

Baked Brown Bread—Omit the granulated sugar and increase the baking soda to $1\frac{1}{2}$ teaspoons and molasses to $\frac{3}{4}$ cup. Omit nuts and increase raisins to 1 cup; add 1 tablespoon shortening, melted. For plain bread, omit raisins.

PRUNE RYE BREAD

2 cups sifted rye flour	$\frac{3}{4}$ cup sugar
2 cups sifted flour	1 egg, slightly beaten
6 teaspoons baking powder	$1\frac{3}{4}$ cups milk
1 teaspoon salt	1 cup chopped, cooked prunes

Mix and sift dry ingredients. Combine egg and milk, and add to flour mixture, stirring only until well mixed; stir in prunes. Turn into greased loaf pans and bake in moderate oven (350° F.) about 1 hour. Yield: 2 loaves, 6 x 3 inches, or 1 sandwich loaf, 11 x 3 x 3 inches.

PEACH JAM BREAD

2 cups prepared pancake flour	5 tablespoons brown sugar
$\frac{1}{2}$ teaspoon salt	1 cup peach jam
1 egg, slightly beaten	$\frac{1}{4}$ cup shortening, melted

Mix pancake flour with salt. Combine egg, brown sugar and peach jam, and add pancake flour, stirring only until well mixed; stir in shortening. Turn into well-greased loaf pan and bake in moderate oven (350° F.) about 1 hour. Yield: 1 loaf, 8 x 4 inches.

CARAWAY LOAF

2 cups prepared biscuit mix	1 tablespoon caraway seeds
$\frac{1}{2}$ teaspoon baking soda	$\frac{1}{2}$ cup seedless raisins
2 tablespoons sugar	1 cup buttermilk or sour milk

Mix together dry ingredients, caraway seeds and raisins; add buttermilk, stirring until well mixed. Turn into greased loaf pan and bake in moderate oven (350° F.) about 40 minutes. Yield: 1 loaf.

APRICOT ALMOND BREAD

2½ cups sifted flour	½ cup chopped almonds
4 teaspoons baking powder	2 tablespoons shortening
½ teaspoon salt	¾ cup sugar
1½ cups dried apricots, cooked	1 egg
	1 cup milk

Mix and sift flour, baking powder and salt. Drain and chop cooked apricots, and combine with almonds. Cream shortening until soft; add sugar and egg, beating thoroughly; stir in fruit mixture. Add flour alternately with milk, stirring enough to mix after each addition. Turn into greased loaf pan and bake in moderate oven (350° F.) for 45 to 60 minutes. Yield: 1 loaf, 8 x 4 inches.

BOSTON BROWN BREAD

1 cup sifted rye flour	1 teaspoon salt
1 cup cornmeal	1 cup graham flour
1½ teaspoons baking soda	¾ cup molasses
2 cups thick sour milk or buttermilk	

Mix and sift rye flour, cornmeal, soda and salt, stir in graham flour, mix liquids and add to dry ingredients, stirring until well mixed. Fill well-greased molds ⅔ full, place greased covers on molds and steam 2 to 3 hours, depending upon size. Remove covers and bake in moderate oven (350° F.) about 15 minutes, or until tops are dry. To substitute sweet for sour milk, reduce amount to 1¾ cups, reduce soda to ½ teaspoon and add 4 teaspoons baking powder. Approximate yield: 3 large loaves.

STEAMED BROWN BREAD

1 cup sifted all-purpose flour	2½ cups graham flour
2 teaspoons baking powder	1 cup raisins
1 teaspoon baking soda	1 egg, well beaten
1 teaspoon salt	¾ cup honey
2 cups sour milk or buttermilk	

Mix and sift all-purpose flour, baking powder, soda and salt; stir in graham flour and raisins. Combine egg, honey and sour milk; add to flour-raisin mixture, stirring until well mixed. Fill large mold or small molds ⅔ full and cover tightly; steam large mold 4 hours, small molds 3 hours. Remove immediately from molds. Approximate yield: 3 large or 6 small loaves.

PRUNE AND RAISIN BREAD

Use recipe for Boston Brown Bread (page 123); add $\frac{1}{2}$ cup chopped, uncooked prunes and $\frac{1}{4}$ cup chopped raisins to flour mixture. Approximate yield: 3 large loaves.

CORNBREAD

$\frac{3}{4}$ cup sifted flour	2 tablespoons sugar
$1\frac{1}{2}$ cups yellow cornmeal	2 eggs, well beaten
4 teaspoons baking powder	$1\frac{1}{4}$ cups milk
1 teaspoon salt	$\frac{1}{4}$ cup shortening, melted

Mix and sift dry ingredients. Combine eggs and milk, and add to flour mixture, stirring until well mixed; stir in shortening. Turn into greased, shallow pan, 8 x 12 inches, and bake in hot oven (400° F.) about 30 minutes. Sugar may be omitted, if desired. Yield: 6 (4-inch) squares.

DOUBLE-BOILER CORNBREAD

2 cups sifted flour	2 tablespoons sugar
$\frac{1}{2}$ cup yellow cornmeal	$\frac{1}{2}$ lb. pitted dates, chopped
$2\frac{1}{2}$ teaspoons baking powder	$1\frac{1}{2}$ cups milk
1 teaspoon salt	2 tablespoons shortening, melted

Mix and sift dry ingredients; stir in dates; add milk and shortening, stirring only until well mixed. Turn into top of well-greased double boiler and cook 2 hours over boiling water. Slice and serve hot with butter. Approximate yield: 8 large slices.

APPLE CORNBREAD

$\frac{3}{4}$ cup sifted flour	$1\frac{1}{2}$ tablespoons sugar
$\frac{3}{4}$ cup cornmeal	1 egg, slightly beaten
3 teaspoons baking powder	$\frac{3}{4}$ cup milk
$\frac{1}{3}$ teaspoon salt	2 tablespoons shortening, melted
$\frac{3}{4}$ cup finely diced apple	

Mix and sift dry ingredients. Combine egg and milk, and add to flour mixture, stirring only until well mixed; stir in shortening and apple. Turn into greased, shallow pan or muffin pans and bake: in pan in hot oven (400° F.) about 30 minutes; in muffin pans in hot oven (425° F.) about 20 minutes. Approximate yield: 8 portions, or 8 medium-sized muffins.

RICE SPOON BREAD

3 tablespoons white cornmeal	1 cup boiling water
1 tablespoon flour	1 cup cooked rice
1 teaspoon salt	1 tablespoon shortening, melted
1 tablespoon sugar	2 eggs, separated
	1 cup milk

Mix together dry ingredients; stir into boiling water and cook over hot water until thick, stirring occasionally. Stir in rice and shortening, and add beaten egg yolks and milk; fold in stiffly beaten egg whites. Turn into greased baking dish, place in shallow pan of hot water and bake in moderate oven (350° F.) for 35 to 40 minutes. Serve from baking dish. Approximate yield: 6 portions.

VIRGINIA SPOON BREAD

1 cup cornmeal	2 cups milk, scalded
1 teaspoon salt	2½ teaspoons baking powder
	2 eggs, separated

Mix cornmeal and salt, stir into hot milk and cook over hot water until thick and smooth, stirring occasionally; cool slightly. Stir in baking powder and well-beaten egg yolks, and fold in stiffly beaten egg whites. Turn into greased casserole or 9-inch square pan. Bake in moderate oven (375° F.) about 35 minutes, or until firm and crust is brown. Serve from baking dish. Yield: 1 dozen portions.

SALLY LUNN

2 cups sifted flour	3 tablespoons sugar
3 teaspoons baking powder	2 eggs, separated
½ teaspoon salt	½ cup milk
	½ cup shortening, melted

Mix and sift dry ingredients. Combine beaten egg yolks and milk, and add to flour mixture, stirring only until well mixed. Add shortening; fold in stiffly beaten egg whites. Turn into greased 9-inch square pan. Bake in moderate oven (350° F.) about ½ hour. Yield: 9 (3-inch) squares.

JOHNNY CAKE

Use recipe for Cornbread (page 124); reduce baking powder to 1½ teaspoons and add ¾ teaspoon baking soda; substitute sour milk or buttermilk for sweet milk. Bake in greased 8 x 8 x 2-inch pan about 40 minutes. Approximate yield: 8 portions.

QUICK COFFEE CAKE

1 recipe Baking Powder Biscuits (page 114), or 2 cups prepared biscuit mix	1 egg yolk, beaten 3 tablespoons butter ¼ cup flour
½ cup sugar	1 teaspoon cinnamon

Make biscuit dough, adding ¼ cup sugar to dry ingredients and egg yolk to milk; spread dough ½ inch thick in greased layer pan. Cream butter until soft, add mixture of flour, remaining ¼ cup sugar and cinnamon, and mix thoroughly; sprinkle evenly over top of dough. Bake in hot oven (400° F.) about 30 minutes. Yield: 1 (9-inch) cake.

QUICK SWEDISH TEA RING

1 recipe Baking Powder Biscuits (page 114)	¼ cup firmly packed brown sugar 1 teaspoon cinnamon
⅓ cup butter, softened	½ cup chopped almonds

Roll dough ⅓ inch thick, spread with butter and sprinkle with mixture of sugar, cinnamon and almonds; roll lengthwise, place on greased baking sheet and join ends to form a ring. With scissors cut ¾-inch slices almost to center, turning each slice over on flat side to show filling; bake in hot oven (425° F.) about 25 minutes. Two cups prepared biscuit mix may be used for biscuit dough; follow directions on package. Approximate yield: 1 dozen slices.

YEAST BREADS

THIS GENERATION of homemakers can turn out as fine bread as any produced in the kitchens of long ago. Flour, expertly milled, and yeast that functions as predictably as a properly incubated chick, have removed the hazards from breadmaking.

Characteristics of Good Bread. A good loaf of bread is of medium size with rounded top and straight sides and a medium-brown crust free from cracks; the grain is fine and even with slightly elongated air cells—no streaks or lumps visible—and the crumb feels moist and elastic to the touch.

Ingredients. First choice in flours is the hard wheat or bread flour, known as “strong” flour. It is high in the quality and

quantity of gluten which supplies strength and elasticity to the dough. Bread flour is not used in the average household. All-purpose, or general, flour is a blend of hard and soft wheats and makes a satisfactory substitute when strong bread flour is not available. The following recipes are developed with all-purpose flour. 127

When whole wheat or graham, rye, corn and other cereals are substituted for part of the wheat flour, the amount of wheat flour used will vary with the amount and type of substitution. Sift all flours before measuring, except whole wheat or graham.

Milk should be boiled or scalded and cooled to prevent the development of sour or inferior bread. Whey from sour milk, buttermilk, water in which potatoes have been boiled, and plain water may also be used in place of milk. Too much salt slows up the action of the yeast. Too much sugar retards fermentation. One teaspoon to one tablespoon of sugar per loaf is the average amount used. Shortening increases tenderness and improves the keeping qualities of bread. Any bland fat may be used.

Yeast is the leavening agent used in bread. The forms of yeast most commonly used are *Compressed yeast and Dry yeast*.

Compressed yeast, sometimes called "fresh" yeast, is in an active state and multiplies rapidly.

Dry yeast must be activated before the dormant yeast cells can start fermentation. To do this the dry yeast is soaked in a little lukewarm water for about 20 minutes, then made into a sponge and allowed to stand for several hours, or until yeast is active. It is then ready to be made into a dough.

Temperature. Yeast reacts best at a temperature of 80°-85° F. The temperature may be accurately gauged by inserting a thermometer into the center of the dough or sponge; or the pan of dough may be placed in a large basin of water which is warm to the touch (90°-95° F.), the water being maintained at that temperature during the entire "rising" period.

BREADS [YEAST BREADS]

128 *The amount of yeast to use depends, among other factors, upon the time allowed. See the following table for proportions of fresh yeast and liquid to use for bread made in 3½ to 8 hours.*

TABLE XII
YEAST VERSUS TIME TO MAKE ONE LOAF OF WHITE BREAD
Straight-dough Process—Optimum Temperature, 80°-85° F.

AMOUNTS		APPROXIMATE TIME FOR DIFFERENT PROCESSES			
YEAST	LIQUID	FERMENTATION TIME		BAKING TIME	TOTAL TIME
		1st Rising ¹	Rising in Pan		
¼ cake	1 cup	5 hours	2 hours	1 hour	8 hours
½ cake	1 cup	3½ hours	1½ hours	1 hour	6 hours
1 cake	1 cup	2½ hours	1 hour	1 hour	4½ hours
2 cakes	1 cup	1¾ hours	¾ hour	1 hour	3½ hours

¹If dough is permitted to rise in bowl the second time, allow from ¼ to 2 hours for it to double in bulk, according to the amount of yeast used. Doughs containing eggs and more shortening than white bread require a longer fermentation time, while soft doughs, not stiff enough to knead, require less time.

STRAIGHT DOUGH OR SHORT PROCESS

FOLLOW general directions for mixing White Bread (page 130). Mixing may be done by hand or in a bread mixer.

Kneading. Turn the dough out on a lightly floured board; scrape bowl clean and grease the inside of it (while the dough “rests” it stiffens a little and becomes easier to handle). Place the hands on the dough and with the fingers, bring it up and forward, then press down and away from you with palms of hands, using a light touch and rolling motion. Turn dough slightly and repeat, always turning it in the same direction. Continue until the dough is smooth and elastic and the bubbles and blisters are evenly distributed. If the dough sticks to the board, use a very small amount of additional flour. Knead the dough 5 to 10 minutes.

Rising. Place dough in greased bowl, brush lightly with melted

fat and cover with a clean cloth and loosely fitting lid. Let 129
rise in a warm place until doubled in bulk.

Second Rising (optional). Knead, or punch down the dough lightly while it is in the bowl. Cover as before. A second rising produces a finer grained loaf; it is not essential for good bread.

Shaping. When dough has doubled in bulk, knead lightly for a minute or two to distribute the gas bubbles. Shape into loaves by folding the dough under neatly. Place in greased pans and brush lightly with melted shortening; cover and set in a warm place until doubled in bulk (about 1 hour). Bake according to directions.

SPONGE PROCESS

Mixing. Place hot liquid and only *part* of the salt and sugar if a large amount is called for, in a large mixing bowl. Cool to lukewarm. Add the crumbled fresh yeastcake, if compressed yeast is used (for dry yeast see "starting" directions, page 127) and sift in one-half the flour. Beat thoroughly, cover and set in a warm place until spongy and doubled in bulk. It will take 4 to 12 hours depending upon the amount of yeast used. Then beat in the remaining salt, sugar and shortening, and gradually stir in the remaining flour, adding just enough to make a dough which is slightly sticky, but which can be easily handled.

Kneading, Rising and Shaping. Same as for Straight Dough or Short Process.

Baking. Directions for baking are given with each basic recipe. If bread has been allowed to rise until very light, place in a very hot oven (450° F.) for 5 to 10 minutes, then reduce the heat; if bread has not risen enough, place in a moderate oven (350° F.) and bake at this temperature the entire time. If started in a cold oven, place bread in oven before it has doubled in bulk.

The bread is done when the crust is well-browned, shrinks from the sides of the pan and sounds hollow when tapped.

BREADS [YEAST BREADS]

- 130 *Care After Baking.* Remove at once from the pans, cool, uncovered, on a wire rack, and store in a clean, well-aired bread box. Do not wrap bread with cloth or newspaper. Waxed paper and cellophane bags retain desirable moisture without absorbing it. A small amount of bread may be safely wrapped in waxed paper and stored for many days in the refrigerator.

REFRIGERATOR BREAD AND ROLLS

BREAD DOUGH may be stored in the refrigerator a week or more and used as needed. Knead or cut down dough after first rising, grease surface, cover and place in refrigerator. Break off only enough dough as needed for bread or rolls, mold and place in the pans, allow to rise until doubled in bulk—1 to 2 hours—then bake according to directions.

WHITE BREAD

2 cups milk, scalded	3 tablespoons shortening
1 teaspoon salt	1 to 2 cakes compressed yeast
2 tablespoons sugar	6 cups sifted flour (about)

Place milk, salt, sugar and 2 tablespoons shortening in large mixing bowl, and cool; when lukewarm, add crumbled yeastcake and 3 cups flour, and beat thoroughly. Gradually stir in remaining flour, adding just enough to make a dough that can be handled easily; turn out on floured board and knead until smooth and elastic, adding flour as necessary. Place dough in greased bowl and brush with melted shortening; cover and let rise in warm place until doubled in bulk (for 2 to 4 hours). Knead, shape into loaves and place in greased bread pans; brush with melted shortening, cover and again let rise in warm place until doubled in bulk (for 1 to 2 hours). Bake in hot oven (375°–400° F.) 20 minutes; then reduce heat to moderate (350° F.) and bake 40 to 50 minutes longer. Approximate yield: 2 loaves.

MODIFICATIONS OF WHITE BREAD

Two-hour Bread—Use 4 cakes compressed yeast. Use sponge method (page 129); let sponge rise $\frac{1}{2}$ hour before adding remaining flour; then knead dough and shape at once into loaves. Let rise again $\frac{1}{2}$ hour; bake as directed or use for plain rolls (page 131).

Raisin Bread—Add 1 beaten egg to milk-yeast mixture. Add 1 cup seeded raisins to dough after first rising, knead and shape into loaves. 131

Plain Rolls—When dough is ready to mold, shape into rolls and proceed as directed under Standard Rolls (page 133).

WHOLE WHEAT BREAD

Scald 2 cups milk, add 1 teaspoon salt and 3 tablespoons brown sugar or $\frac{1}{4}$ cup molasses. Cool and add 2 cakes crumbled yeast. Stir in 3 cups white flour. Beat well and then stir in 3 cups whole wheat flour. When smooth turn dough onto lightly floured board and knead until elastic. Place in greased bowl, cover and let rise until double in bulk. Knead down and shape into two loaves. Place in greased pans, brush with butter and let rise until double in bulk. Bake as for white bread (page 130). The white flour may be reduced to 1 cup and 5 cups whole wheat flour used. This dough must be beaten. It will not be stiff enough to knead. Yield: 2 loaves.

Whole Wheat Prune Bread—Add 1 tablespoon grated orange rind to soft dough; knead 1 cup chopped, dried prunes into dough after first rising and shape into loaves.

LIQUID OR POTATO YEAST

3 potatoes	5 tablespoons sugar
1 cup boiling water	1 cake yeast, dried or compressed,
cold water	or 1 cup starter
$1\frac{1}{2}$ tablespoons salt	1 cup lukewarm water
	1 cup flour

Pare and cook potatoes until soft; drain and reserve liquid. Mash potatoes and return to potato water; measure, add enough cold water to make 3 cups, and add salt and sugar. When lukewarm, add yeast soaked in lukewarm water and flour, and beat thoroughly; cover and keep in warm place overnight. In the morning stir spongy mixture until well mixed; pour off 1 cup into scalded jar, cover loosely and store in cold place to use as "starter" for next making of liquid yeast mixture; use remaining sponge for Potato Bread (page 133). One cup liquid yeast may be substituted for one cake compressed yeast in bread recipe; additional flour will be required because of liquid in "starter." Unless "starter" is carefully stored in refrigerator (not frozen) and baking is done twice a week, do not use it in bread.

BREADS [YEAST BREADS]



132

RYE BREAD

Use recipe for Whole Wheat Bread (page 131); substitute rye flour for whole wheat flour. If desired, add 1 tablespoon caraway seeds to dough after first rising, knead and shape into loaves. Approximate yield: 2 loaves.

RAISED BRAN BREAD

Use recipe for White Bread (page 130); increase salt to 1 tablespoon, substitute $\frac{1}{2}$ cup molasses for sugar and use 3 cakes of yeast, 3 cups bran and about 5 cups bread flour. Yield: 3 small loaves.

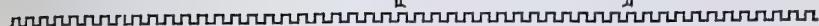
BEAN BREAD

Use recipe for White Bread (page 130) doubling the salt: for soybean bread, use 2 to 3 cups soybean flour with 3 to 4 cups all-purpose flour (about); for lima bean bread, use $\frac{2}{3}$ to 1 cup lima bean flour with 5 to $5\frac{1}{2}$ cups flour (about). Sift bean flour with flour; proceed as directed.

SALT-RISING BREAD

1 cup milk	$\frac{1}{4}$ cup cornmeal (white)
2 tablespoons sugar	1 cup lukewarm water
$1\frac{1}{2}$ teaspoons salt	2 tablespoons shortening, melted
5 $\frac{1}{4}$ cups sifted flour (about)	

Scald milk, remove from heat and stir in 1 tablespoon sugar, salt and cornmeal; turn into 2-quart jar or pitcher, cover and set in pan of water, hot to the hand (120° F.). Let stand in warm place 6 to 7 hours, or until it ferments; when gas escapes freely, stir in lukewarm water (100° F.), remaining 1 tablespoon sugar, shortening and 2 cups flour, and beat thoroughly. Return jar to hot water bath (115° F.) and let rise until sponge is very light and full of bubbles. Turn sponge into warm large mixing bowl; gradually stir in remaining $2\frac{1}{4}$ cups flour, or just enough to make a stiff dough which can be handled easily. Knead for 10 or 15 minutes, or until smooth; divide in half, shape into loaves and place in greased bread pans. Brush with melted fat, cover and let rise in warm place until two and one-half times its original bulk. Bake in moderately hot oven (375° F.) for 10 minutes, then lower heat to moderate (350° F.) and bake 25 minutes longer. The sponge and dough require a higher temperature (115° F.) than yeast mixtures. The "starter" should be kept at a constant optimum temperature for an active mixture. The homemade salt-rising bread is not so light as yeast bread; it is moist and crumbly.



POTATO BREAD

133

To about 3 cups Liquid Yeast (page 131), add $\frac{1}{4}$ cup shortening, melted, and 9 to 10 cups flour. Heat mixing bowl containing liquid yeast in pan of warm water until mixture is lukewarm; then add flour and proceed as for White Bread (page 130). Yield: 3 loaves.

STANDARD ROLLS

2 cups milk, scalded	$\frac{1}{3}$ cup shortening
2 teaspoons salt	1 to 2 cakes compressed yeast
$\frac{1}{4}$ cup sugar	6 cups sifted flour (about)

Place milk, salt, sugar and $\frac{1}{4}$ cup shortening in large mixing bowl, and cool; when lukewarm, add crumbled yeastcake and 3 cups flour, and beat thoroughly. Gradually stir in remaining flour, adding just enough to make a dough slightly softer than that for bread; turn out on floured board and knead until smooth and elastic, adding flour as necessary. Place dough in greased bowl and brush with melted shortening; cover and let rise in warm place until doubled in bulk (for 2 to 4 hours). Knead, shape as desired and place in greased pan; brush with melted shortening, cover and let rise in warm place until very light (for 1 to 2 hours). Bake in hot oven (400° – 425° F.) for 15 to 20 minutes. Approximate yield: 3 to 4 dozen rolls.

TYPES OF STANDARD ROLLS

Biscuits—Cut off small, uniform pieces; fold sides under until top is smooth and dough is round. For crusty biscuits, place balls 1 inch apart; for tall, soft biscuits, place close together.

Twists—Roll dough $\frac{1}{2}$ inch thick, cut in narrow strips and roll with palm of hand into 8-inch strips; twist from ends in opposite directions, then bring ends together. Place in greased pan 1 inch apart; brush with egg yolk diluted with 1 tablespoon milk.

Finger Rolls—Shape small pieces of dough into balls; roll with hand on unfloured board to desired thickness, keeping them smooth and uniform in size. Place 1 inch apart.

Parker House Rolls—Roll dough $\frac{1}{4}$ inch thick, cut with floured 2-inch biscuit cutter and make crease across center of each round with dull edge of knife. Brush with melted shortening, fold each over and press lightly on fold. Place rolls 1 inch apart.

BREADS [YEAST ROLLS]

- 134 **Cloverleaf Rolls**—Shape very small pieces into balls, dip in melted shortening and place 3 in each section of greased muffin pan.

Bread Sticks—Roll dough $\frac{1}{2}$ inch thick; cut in $\frac{1}{2}$ -inch strips and roll with palm of hand into long, smooth rolls, the thickness of a pencil. Cut in 6- to 9-inch lengths and place in greased pan 1 inch apart. When nearly baked, reduce heat to 350° F.; bake until dry and crisp.

Crescents—Roll dough $\frac{1}{4}$ inch thick; with floured, sharp knife cut in about 3-inch squares; then cut each square in half diagonally. Brush with melted shortening and roll each triangle from base to point; press point down firmly and bring two ends almost together to form crescent. Place on greased baking sheet about 1 inch apart; brush tops with egg white, beaten slightly with 2 tablespoons water.

MODIFICATIONS OF STANDARD ROLLS

(Use recipe on page 133)

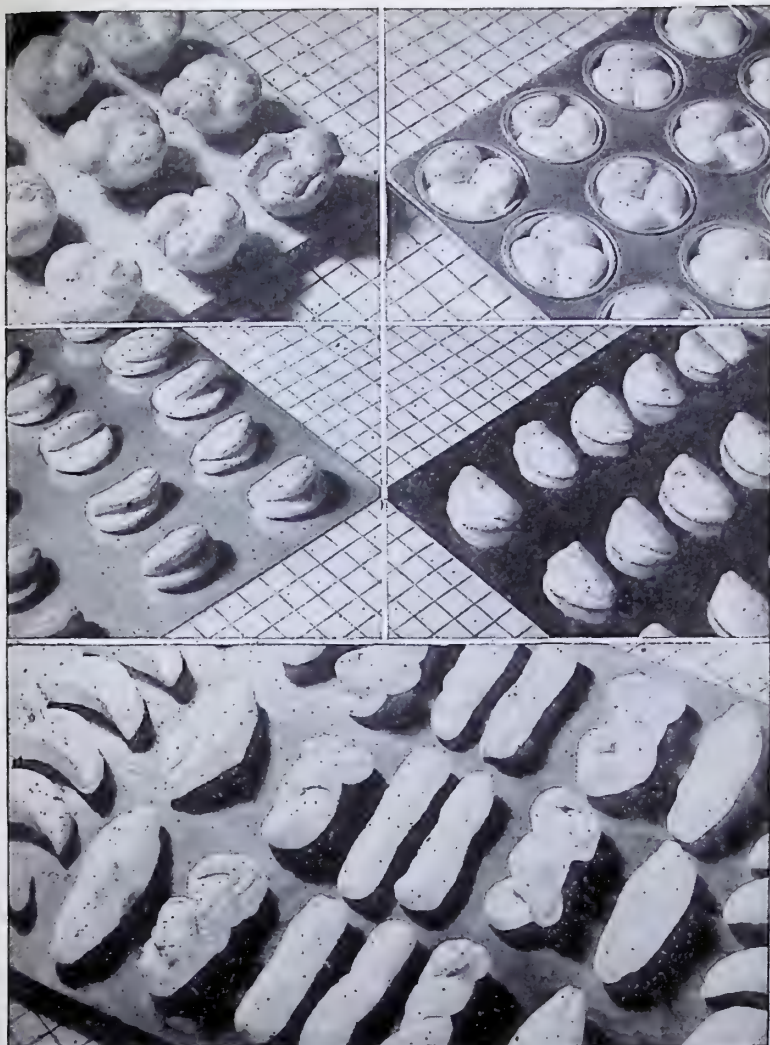
Whole Wheat Rolls—Use 3 cups whole wheat flour and about 3 cups all-purpose flour.

Cinnamon Rolls—Use $\frac{1}{2}$ recipe; roll light dough $\frac{1}{2}$ inch thick, brush with melted butter and sprinkle with mixture of 6 tablespoons sugar, 1 teaspoon cinnamon and $\frac{1}{2}$ cup currants; roll as for jelly roll and cut in 1-inch slices. Place close together in greased pan, brush with melted butter and let rise until light.

Butterscotch Pecan Rolls—Use $\frac{1}{2}$ recipe; roll light dough $\frac{1}{2}$ inch thick, brush with melted butter and sprinkle with $\frac{1}{2}$ cup brown sugar; roll as for jelly roll and cut in 1-inch slices. Cream together 6 tablespoons butter and $\frac{1}{2}$ cup brown sugar, spread in bottom of pan and sprinkle $\frac{1}{2}$ cup pecan nuts over top; place slices of roll on mixture and brush tops with melted butter.

REFRIGERATOR ROLLS

Use recipe for Standard Rolls (page 133) or Sweet Rolls (page 136). When dough is light, cut it down to permit escape of some of gas, cover tightly and place in refrigerator until ready to use. About 1 hour before baking, remove desired quantity, shape, let rise until light and bake as directed for rolls. Approximate yield: 3 to 4 dozen rolls.



BEFORE AND AFTER—YEAST ROLLS FROM BASIC DOUGH

Varieties of light, tender yeast rolls can be shaped and baked in a few hours.
Top: Cloverleaf rolls are shaped by putting three small balls of dough in each section of a muffin pan.

Center: Pocketbook rolls are formed from a folded round of dough.

Bottom: Crescents, dinner rolls, twists and finger rolls are prepared from one basic dough. See directions (page 133).

SWEET ROLLS

2 cups milk, scalded	$\frac{1}{3}$ cup shortening
2 teaspoons salt	1 to 2 cakes compressed yeast
$\frac{1}{2}$ cup sugar	1 egg, well beaten
7 cups sifted flour (about)	

Place milk, salt, sugar and $\frac{1}{4}$ cup shortening in large mixing bowl, and cool; when lukewarm, add crumbled yeastcake, well-beaten egg and 3 cups flour, and beat thoroughly. Gradually stir in remaining flour, adding just enough to make a dough slightly softer than that for bread; turn out on floured board and knead until smooth and elastic, adding flour as necessary. Place dough in greased bowl and brush with melted shortening; cover and let rise in warm place until doubled in bulk (for 2 to 4 hours). Knead, shape as desired and place in greased pan; brush over with melted shortening, cover and let rise in warm place until very light (for 1 to 2 hours). Bake in hot oven (400° – 425° F.) for 15 to 20 minutes. Yield: 4 to 5 dozen rolls.

ENGLISH MUFFINS

$\frac{1}{4}$ cup riced cooked potatoes	1 teaspoon salt
1 cup boiling water	1 cake compressed yeast
2 cups sifted flour (about)	

Measure potatoes by packing down well, place in mixing bowl and stir in hot water; when lukewarm, add salt, crumbled yeastcake and 2 cups flour, and beat thoroughly, or about 2 minutes; cover and let rise in warm place until doubled in bulk ($1\frac{1}{2}$ hours). Turn dough out on floured board, dust lightly with flour to facilitate handling and shape small amounts of dough in 3-inch rounds $\frac{1}{4}$ inch thick; place in muffin rings, cover and again let rise until doubled in bulk ($1\frac{1}{2}$ hours). Carefully slip a spatula under muffin and ring and place on slightly greased, hot griddle; care must be taken as dough is very soft and falls easily. Bake 15 minutes, then turn and bake other side 15 minutes. Approximate yield: 9 muffins.

SWEDISH CARDAMOM BREAD

Use recipe for Norwegian Christmas Bread (page 138); increase cardamom seeds to 1 tablespoon and omit raisins and citron. Shape into long, narrow loaves; sprinkle with additional seeds before baking, if desired. Approximate yield: 2 small loaves.

ORANGE ROLLS

137

1 cup mashed potatoes	1 teaspoon salt
1¾ cups milk, scalded	½ cup sugar
1 cake compressed yeast	2 tablespoons grated orange rind
7½ cups sifted flour (about)	⅓ cup orange juice
2 eggs, well beaten	¼ cup shortening, melted

Force mashed potatoes through fine sieve into large mixing bowl and stir in hot milk; when lukewarm, add crumbled yeastcake and 4 cups flour, and beat thoroughly; cover and let rise in warm place until doubled in bulk (about 4 hours). Combine eggs, salt, sugar, orange rind and juice, and shortening; add to light sponge and beat well; gradually stir in remaining flour and knead until smooth. Put in greased bowl and cover. Proceed as for Standard Rolls (page 133). Approximate yield: 4 dozen rolls.

AMERICAN BRIOCHE

Use recipe for Kuchen (page 138); reduce sugar to ½ cup, use whole eggs instead of egg yolks and flavor with ½ teaspoon lemon extract or a dash of crushed cardamom seeds; add flour, as necessary, to make a soft dough. When dough is light and ready for shaping, cut down and place in refrigerator overnight, or until ready for use. Roll into long, rectangular piece, ¼ inch thick, brush with melted butter, fold lengthwise toward center to make 3 layers and cut in ¾-inch slices; cover and let rise. Twist ends of each piece in opposite directions, shape in a coil and place in greased pan; cover and again let rise. Brush with mixture of egg white and water and bake in moderately hot oven (375°–400° F.) about 20 minutes. If desired, brush warm rolls with confectioners' sugar moistened with hot water and flavored with vanilla. Approximate yield: 2 dozen brioche.

TEA RING

Use recipe for Kuchen (page 138); flavor with 1 teaspoon almond extract. When dough is light and ready for shaping, roll into rectangular sheet, ⅓ inch thick, and brush with ¼ cup melted butter and sprinkle with ⅓ cup chopped, blanched almonds; roll lengthwise, place on greased baking sheet and join ends to form a ring. With scissors, cut 1½-inch slices on slant almost to center, turning each slice partly on its side with pointed end at bottom; cover and again let rise. Then brush with milk mixed with egg yolk, sprinkle with additional chopped almonds and bake in moderately hot oven (375°–400° F.) about 25 minutes. Approximate yield: 1 large ring.

KUCHEN

1½ cups milk, scalded	6 cups sifted flour (about)
1¼ teaspoons salt	¾ cup shortening, melted
1 cup sugar	3 egg yolks, well beaten
1 cake compressed yeast	1 egg white, slightly beaten
1 tablespoon water	

Place hot milk, salt and 2 tablespoons sugar in large mixing bowl; when lukewarm, add crumbled yeastcake and 3 cups flour, and beat thoroughly. When sponge is light (from 1 to 2 hours), add remaining sugar, shortening, egg yolks and flour. Knead until smooth and put in greased bowl. Cover. When dough has doubled in bulk, cut down, roll into oblong piece, ½ inch thick, and fit into 2 greased square pans or 1 large pan; cover and let rise in warm place until light. Then brush with mixture of egg white and water; or sprinkle with chopped nut meats or currants if desired, and bake in moderately hot oven (375°-400° F.) for 20 to 25 minutes. Kuchen may also be molded into any desired shape. Yield: 2 (9-inch) square cakes.

GERMAN COFFEE CAKE

½ recipe Kuchen (see above)	3 tablespoons sugar
¼ teaspoon nutmeg	6 tablespoons flour
3 tablespoons butter	2 teaspoons cinnamon

Before baking kuchen, dust top with nutmeg and sprinkle with streusel made by mixing together butter, sugar, flour and cinnamon. Yield: 1 (9-inch) cake.

NORWEGIAN CHRISTMAS BREAD

1 recipe Kuchen (see above)	3 eggs, beaten
1 teaspoon crushed cardamom seeds	1½ cups seedless raisins
⅔ cup sliced citron	

When sponge is light, add cardamom seeds and 3 whole eggs instead of 3 egg yolks; add additional flour, as necessary, to form a dough stiff enough to knead. When dough has doubled in bulk, add raisins and citron, and knead until mixed; shape into loaves, place in greased bread pans, cover and let rise in warm place until doubled in bulk. Bake in moderately hot oven (375°-400° F.) 10 minutes, then reduce heat to moderate (350° F.) and bake about 40 minutes longer. From 6 to 8 hours are needed for making this bread with 1 cake of yeast. Approximate yield: 2 loaves.

ENGLISH HOT CROSS BUNS

139

1 recipe Standard Rolls (page 133)	¼ cup shredded citron
3 eggs	¼ cup chopped, candied orange peel
½ cup seeded raisins	2 tablespoons milk
½ cup currants	½ cup confectioners' sugar (about)

Prepare dough by sponge method (page 129); add 2 slightly beaten eggs and fruits to light sponge; gradually stir in remaining flour, adding more, if necessary, to make a soft dough that can be kneaded. Knead lightly and shape into large biscuits; place in greased pan, 1 inch apart, cover and let rise in warm place until doubled in bulk. Make a deep cross in center of each and brush over with remaining egg yolk mixed with milk; bake in moderately hot oven (375°–400° F.) about 20 minutes. While warm, glaze slightly with remaining egg white beaten with confectioners' sugar. Yield: 3 dozen buns.

HARD ROLLS

1 cake compressed yeast	1 tablespoon butter
¼ cup lukewarm water	1 tablespoon lard
¼ cup sugar	1 cup boiling water
1 teaspoon salt	4 cups sifted flour

Soften yeast cake in lukewarm water. Add sugar, salt, and shortening to boiling water, and mix well; when lukewarm, add yeast and beat in flour. Knead dough lightly five minutes; place in bowl greased with butter, cover and let rise in a warm, not hot, place. When doubled in bulk, pat out on board, about ½ inch thick, and cut in small, narrow strips; place strips, two inches apart, on baking sheet, cover and let rise until very light. Brush with lard and bake in slow oven (300° F.) forty minutes; then increase heat to moderate (375° F.) and bake ten minutes longer; slow baking is essential for these rolls. Approximate yield: 2½ dozen rolls.

RAISED MUFFINS

To ½ recipe for Sweet Rolls (page 136), add 1 egg and flour enough to make a stiff dough which can be beaten thoroughly but not kneaded. When doubled in bulk, fill greased muffin pans ½ full, brush with melted shortening, cover and let rise until doubled in bulk. Sprinkle chopped nuts over top and bake in hot oven (400°–425° F.) for 15 to 20 minutes. Approximate yield: 2 to 2½ dozen muffins.

MARTHA WASHINGTON'S POTATO ROLLS

2 large potatoes	1½ cups potato water
1 teaspoon salt	¾ cup milk, scalded
2 tablespoons sugar	1 cake compressed yeast
3 tablespoons butter	7 cups sifted flour

Peel and cook potatoes about 30 minutes, or until tender; drain and save water. Mash hot potatoes and add salt, sugar and butter, beating well; add potato water and hot milk, and cool. When lukewarm, add crumbled yeastcake and stir in 4 cups flour, beating well; then add enough remaining flour to make a dough stiff enough to knead. Knead until smooth and elastic; brush top with melted butter and place in greased large mixing bowl; cover and let rise slowly 5 hours, or until doubled in bulk. Place on board and pat out flat, about ½ inch thick, but do not knead again; pinch off small pieces and shape into small rolls. Place in greased pan and let rise until very light and more than doubled in bulk; bake in hot oven (400° F.) for 20 minutes, or until done. Approximate yield: 4 dozen small rolls.

STALE BREADS

PLAIN TOAST

Use bread that is at least a day old and cut in slices, ¼ to ½ inch thick. For moist, soft toast, brown slices quickly; for dry, crisp toast, brown slices more slowly. For toaster placed over flame, or non-automatic electric toaster, turn slices to brown both sides. To toast in broiler, lay slices on rack in broiling pan, place under flame or heat unit, and toast on both sides, turning several times to brown evenly and to prevent slices from curling: for soft toast, use preheated broiler and toast quickly; for dry toast, start in cold broiler and toast more slowly. Remove crust before or after toasting, if desired. Spread hot toast with softened butter, or brush with hot melted butter and serve at once, or serve hot dry toast.

SWEET TOAST

Use thin slices of bread toasted quickly; remove crusts, cut in strips, triangles or other shapes, and spread with butter. Sprinkle with one of the following mixtures and place in broiler to melt sugar. Serve hot for breakfast or afternoon tea.

Cinnamon Toast—Add ½ teaspoon cinnamon to ¼ cup granulated or brown sugar, or use crushed maple sugar.

Orange Toast—Add $\frac{1}{2}$ tablespoon grated orange rind and 2 tablespoons orange juice to $\frac{1}{4}$ cup sugar. For variation add a dash of cinnamon. 141

Honey Cinnamon Toast—Mix equal amounts of hot strained honey and butter, and spread on dry toast; sprinkle with cinnamon.

Banana Toast—Mash 3 ripe bananas, mix with $\frac{1}{2}$ teaspoon salt, 1 tablespoon sugar, 1 teaspoon lemon juice and 1 tablespoon butter, and spread over 6 slices dry toast. Place in hot oven (425° F.) for about 5 minutes. Serve hot with cream, if desired. Yield: 6 portions.

Nutbread Tea Crisps—Mix $\frac{1}{4}$ cup each brown sugar and butter, and spread on 6 nutbread slices. Brown in hot oven (400° F.) about 5 minutes, or until mixture becomes syrupy. Yield: 6 portions.

MELBA TOAST

Cut stale bread in $\frac{1}{8}$ -inch slices; arrange on baking sheet and bake in slow oven (300° – 325° F.) 15 to 20 minutes, or until evenly browned and crisp, turning several times for uniform toasting and drying.

MILK TOAST

Sprinkle hot buttered toast lightly with salt and serve with scalded milk, allowing $\frac{1}{2}$ cup for each slice; pour hot milk over toast in cereal bowl or soup plate, or serve milk in hot pitcher.

CREAM TOAST

Serve hot buttered toast with Thin White Sauce made with part cream or rich milk (page 91); allow $\frac{1}{2}$ cup sauce for each slice.

FRENCH TOAST

2 eggs, slightly beaten	1 cup milk
$\frac{1}{4}$ teaspoon salt	6 slices bread
	2 tablespoons fat

Mix together eggs, salt and milk in deep plate or bowl; dip bread into mixture and sauté in butter, bacon drippings, or pork fat, in heavy frying pan, turning with spatula to brown both sides; add more fat if necessary to keep slices from sticking. Or fry in hot deep fat (380° – 390° F.) for 1 to 2 minutes, or until browned. Yield: 6 slices.



RUSKS OR ZWIEBACK

Cut left-over or stale sweet buns in halves crosswise and bake in slow oven (250°–275° F.) for $\frac{3}{4}$ to 1 hour, or until evenly browned and dry throughout, turning occasionally.

CROUSTADES

Cut stale bread in $1\frac{1}{2}$ - to 2-inch slices, remove crusts and cut in rectangles, squares, triangles, diamonds or rounds of desired size. With point of sharp knife cut down around shape, $\frac{1}{4}$ to $\frac{1}{2}$ inch from edge, and remove center to within $\frac{1}{4}$ to $\frac{1}{2}$ inch of bottom, leaving a shell-like case. Brush with melted butter and place in moderate oven (350° F.) for 15 to 20 minutes, or until browned and crisp, turning occasionally; or fry in hot deep fat (375°–390° F.) about 1 minute, or until delicately browned, and drain on unglazed paper. Heat in oven just before filling with creamed mixture. Use as patty shells.

CROUTONS

Cut stale bread in $\frac{1}{3}$ -inch slices and remove crusts; spread with softened butter, cut in $\frac{1}{3}$ -inch strips, then cut across to make cubes. Bake in slow oven (300°–325° F.) 15 to 20 minutes, stirring occasionally to brown evenly; sauté unbuttered cubes in small amount of butter, turning frequently to brown evenly; or fry unbuttered cubes in hot deep fat (375°–390° F.) about 40 seconds and drain on unglazed paper. Serve with soup.

CRUMBS

Soft Bread Crumbs—Use stale but soft bread and remove crusts; crumble between fingers, tear out with fork, grate, put through coarse sieve, or cut in cubes or squares. Use for stuffings, puddings, and the like.

Dry Bread or Cracker Crumbs—Use dry bread or crackers; dry, but do not brown, in slow oven (300° F.) if not crisp; roll, crush, or grind, and sift. Use to coat food or to top scalloped or baked dishes. Store crumbs in covered container in dry place.

Buttered Crumbs—Mix melted butter with sifted dry bread crumbs, allowing 2 tablespoons butter to $\frac{1}{2}$ cup crumbs. Use as covering for scalloped and baked dishes; or sprinkle browned and seasoned buttered crumbs over vegetables; sauté crumbs in butter or brown buttered crumbs in oven, stirring frequently.

Beverages

THE ART of making beverages might be called the alchemy of housewifery. In earliest times, alchemy meant the homely practice of extracting the juice of plants for medicinal purposes. Who is to question the same purpose, in this age, of concoctions brewed to lend a lift to drooping spirits or to quiet ruffled nerves? A cup of steaming tea, or coffee excellently brewed, has a strangely cheering effect when gentle stimulation is most coveted.

The principle involved in the making of tea or coffee is the same. Brewing extracts the stimulating substances, theine from tea, and caffeine from coffee, as well as volatile substances that contribute to the flavor. Tannin is a bitter substance present in both tea and coffee and the aim is to extract as little as possible of this astringent.

TEA

You may be a black or green tea enthusiast. If the former, you prefer fermented or black tea; if the latter, you like green tea that has not been subjected to fermentation. Or if your taste runs to a modified version of the two, you champion the semi-fermented tea known as Oolong. Most tea as purchased is a blend of several grades and varieties and the price may be influenced by a greater or less preponderance of fine quality tea mixed or blended with teas of poorer grade and quality. Table XXXII (page 934) lists some of the more commonly consumed varieties of teas, with suggestions on how to judge quality.

BEVERAGES [TEA]

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Preparation of Tea. A tea "granny" is one who likes his tea well-made—and often. It does not require skill to make good tea, but it does entail a nice regard for fundamental rules of brewing that have been designed to bring out all the desirable qualities in the tea. Theine, the stimulant in tea, and the volatile oils and other flavoring substances are extracted just below the boiling point. A large amount of tannin, the bitter substance, is extracted when tea is allowed to boil or steep for a long period. Thus, directions for making tea (see recipe below) state specifically to pour *freshly boiling water* over the tea, in a heated pot, and set the tea in a warm place to steep for 2 or 3 minutes. Water that has boiled for some time tastes flat and insipid and should not be used for making tea. The time for steeping varies with different brands and qualities of tea; tightly rolled leaves may require 2 or 3 minutes longer than loosely rolled leaves.

TEA SERVICE

The tea accompaniments may be simple or more elaborate. Serve one or several of the following on tea tray: sugar cubes or squares, plain or fancy, and cream or milk; thin slices of lemon or orange, seeded, quartered, and served plain or with several whole cloves; lemon, orange or lime juice; sprigs of fresh mint; candied orange, lemon, or grapefruit rind, or red cherries or pineapple; cubes of frozen citrus juices; cordial drops.

TEA

Use 1 to 2 teaspoons tea leaves to 1 cup freshly boiling water; use prepared tea bag, or tie tea leaves in bag made from several thicknesses of cheesecloth, allowing sufficient space for leaves to swell as they come in contact with water, or use tea leaves directly from can. Fill earthenware, china or glass pot, or pitcher with boiling water; drain when heated thoroughly. Place tea in pot, add freshly boiling water, cover and steep in warm place 3 minutes. Then remove tea bag, or pour from leaves through strainer into preheated serving pot. For strong tea, double the amount of tea used.

ICED TEA

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Prepare strong tea, using $1\frac{1}{2}$ teaspoons leaves per cup. Pour hot tea over cracked ice in tall glasses. If served in quantity, pour hot tea over block of ice in large pitcher. Iced tea, cooled quickly, is clearer and more sparkling than tea which is cooled slowly, then iced or chilled. Garnish glass with slice of lemon or orange.

SPICED ICED TEA

2 cups sugar	1 teaspoon allspice
2 cups water	$1\frac{1}{2}$ cups strained orange juice
4 rounded teaspoons black tea	$\frac{3}{4}$ cup strained lemon juice
5 leaves mint	4 quarts iced water

Boil sugar and water 5 minutes; add tea, mint and spice; cover lightly and let stand 10 minutes; strain and add fruit juices. Pour over cracked ice, add the water and serve in tall glasses with additional ice. Approximate yield: 15 to 20 glasses.

ICED GINGER TEA

Boil ginger root in water 2 to 5 minutes, or until water is flavored as desired; strain, use boiling hot liquid for preparing strong tea and proceed as for Iced Tea (see above).

COFFEE

THERE are good, better and best ways of making coffee, just as there are varieties to please all. A method of brewing that observes a short brewing period, with water just below the boiling point, and tightly covered pot, extracts a maximum amount of caffeine, the stimulant, and the volatile oils that lend aroma and flavor, and a minimum of tannin.

Preparation of Coffee. Any one of several methods may be used to make good coffee. These are discussed in the recipe section following. It is important to match the right grind of coffee with the corresponding method. With the filter or drip method of making coffee, a fine or pulverized grind is used; percolating requires an all-purpose or steel cut grind; and the boiling method takes steel-cut or more coarsely ground coffee.



- 146 *Coffee-making equipment* may be made of a variety of materials such as glass, enamel, earthenware, aluminum and combinations of these and other metals. Percolators are of two types, valve and valveless, either of which may be electrified. In both types, extraction of coffee takes place below the boiling point. The time varies with the type of coffee and the construction of the pot. There are several types of drip or filter pots. Boiling hot water drips through the coffee only once and is filtered through cloth, filter paper or other suitable material, resulting in a clear, full-bodied brew. Good boiled coffee can be made in enamel or aluminum pots provided the enamel is not chipped or cracked and the pots are clean and well-scoured. For out-of-door or quantity coffee making, a large kettle or pail with a tightly fitting cover makes a satisfactory substitute.

Care of Coffee-making Equipment. Cleanliness is of prime importance in all types of pots. Always wash the coffee-maker in soapy water; occasionally scour with an abrasive to remove stains, and wash enamel, earthenware or glass pots in washing soda. Use a small brush to work into spouts and other crevices. Rinse in scalding water and dry thoroughly.

DRIP COFFEE

Follow directions given with the particular type of drip or filter coffee pot used. Allow 2 level or 1 heaping tablespoon coffee for each cup of water. Preheat lower part of coffee pot, place coffee in upper part, pour freshly boiling water over it and place pot over boiling water or on an asbestos mat over a very low flame. The water should drip through in about 5 minutes; if it takes much longer, the water cools below the ideal temperature for extracting the caffeine and a weak and inferior coffee results. Do not pour coffee over grounds for second dripping as it is likely to become bitter. Remove upper part as soon as the water has dripped through; the grounds absorb the volatile flavors and aroma; serve as soon as possible. For best results, do not pack coffee as the water cools before it drips through; and do not attempt to make one cup in a large pot.



COFFEE BREWED AS YOU LIKE IT

Top Left: Enamel pot for boiled coffee; coffee tied loosely in cheesecloth bag for easy removal.

Top Right: Heat-proof glass percolator with removable metal basket.

Lower Left: Aluminum drip pot; coffee goes into removable, perforated basket. Boiling water, measured into top section, drips through grounds.

Lower Right: Electric, heat-proof glass siphon coffee maker. The globe with tube holds the coffee and fits into glass pot containing water; it is removed when coffee is done.



VACUUM DRIP COFFEE

The siphon or vacuum-type coffee filter pot is another kind of drip coffee maker. Follow directions given with the particular type, and use a fine-grind or pulverized coffee. Place measured amount of freshly drawn water in decanter or lower part, arrange filter in upper glass funnel and fit into decanter; put coffee in upper funnel, using 2 level or 1 heaping tablespoon for each cup of water, and cover. Place on stove and heat; the pressure formed causes all the water to rise into upper funnel when water boils; remove from heat or turn very low; the vacuum formed in the decanter siphons the coffee down from the upper funnel in a few seconds. Remove upper funnel with grounds, cover coffee; serve as soon as possible. Do not boil coffee.

PERCOLATED COFFEE

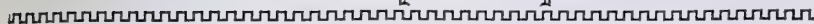
Measure freshly drawn water into coffee pot; it should be at least half-full for best results. Put coffee in basket, allowing 2 level or 1 heaping tablespoon finely ground coffee for each cup water, and place in pot. When water begins to percolate, turn down flame to keep it percolating slowly; it will take 8 to 12 minutes from the time the water starts to bubble up. Coffee loses its aromatic flavor and becomes bitter with violent percolating. Remove basket with grounds as soon as coffee is clear and amber colored.

BOILED COFFEE

Boiled coffee may be made with or without egg; coffee made with egg is clear and fragrant; any part of egg, including washed shell, may be used. Use 2 level or 1 heaping tablespoon for each cup of water. If egg is used, add 1 teaspoon slightly beaten egg for each cup, and add 1 extra tablespoon coffee for the pot. Measure coffee into pot, stir in egg and enough water to mix thoroughly; add remaining water, cover and bring slowly to a boil, stirring occasionally. Remove from heat and let stand in warm place 3 to 5 minutes; pour $\frac{1}{4}$ cup cold water down spout to settle the grounds, then strain through cheesecloth or fine sieve into hot serving pot.

DEMI-TASSE

Prepare strong coffee using 3 to 4 tablespoons coffee for 1 cup boiling water; the drip method is generally used. Serve hot in small cups; after-dinner coffee or demi-tasse is usually served black.



STEEPED COFFEE FOR FORTY

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Put 1 pound ground coffee, medium grind, in cheesecloth or muslin bag, allowing space for coffee to double in bulk. Drop bag into large kettle or boiler containing 2 gallons freshly boiling water, cover tightly, and let stand over low flame or in warm place 6 to 10 minutes. Remove bag, cover tightly and keep hot; it should be made just before serving. This coffee is delicately flavored and quickly and easily made for large numbers or for out-of-door cooking; small amounts can be made by this method. Approximate yield: 40 medium-sized cups.

URN COFFEE

For large quantities this method is often used. Use 1 pound coffee for 2 gallons water. Fill water jacket of urn with water until glass gauge registers $\frac{3}{4}$ full and heat just to the boiling point. Put coffee in basket or filter, and pour briskly boiling water over it; cover and when water has dripped through, remove coffee container immediately. 1 pound coffee makes 40 medium-sized cups.

INDIA COFFEE

Use purest straight Mocha coffee, ground very fine. Pour 4 cups freshly boiling water into pot, add 3 to 4 tablespoons coffee and bring to a full boil, stirring constantly. Add 1 tablespoon pure rose water and serve at once in small cups without cream.

ICED COFFEE

Prepare coffee twice the usual strength. Pour hot coffee over cracked ice in tall glasses, or over block of ice in large pitcher. Serve with plain or whipped cream and sugar.

CAFÉ AU LAIT

French Café au Lait—Make strong or double strength coffee by any method desired. Have ready an equal quantity of freshly scalded milk. Simultaneously pour coffee and milk in equal amounts into heated cups. If a richer drink is desired, add 1 tablespoon butter to each cup of milk, or top each cup with 1 tablespoon whipped cream.

Iced Café au Lait—Pour 1 cup strong coffee over cracked ice in tall glass; add small scoop vanilla or coffee ice cream; serve at once.

Iced Café-Chocolate—Shake or beat thoroughly 1 cup strong coffee, 1 tablespoon Chocolate Syrup (page 152), 2 tablespoons whipped cream and 3 tablespoons chipped ice. Serve at once.

BEVERAGES {COFFEE}

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AUSTRIAN ICED COFFEE

Half-fill tall glasses with cracked ice, sprinkle powdered sugar over ice, as desired, and place 1 tablespoon whipped cream in each glass. Pour hot strong coffee into iced glasses.

SPICY COFFEE COOLER

20 whole cloves	1 cup powdered sugar
1 stick (5-inch) cinnamon	1 tablespoon granulated sugar
½ cup ground coffee	1 cup heavy cream, whipped
7 cups water, boiling or cold	cinnamon

Add cloves, stick cinnamon and coffee to water and brew as usual; strain and add powdered sugar. Pour into tall glasses half-filled with crushed ice; top with sweetened cream and dust with cinnamon. Approximate yield: 6 portions.

FROSTED COFFEE

Half-fill 6 tall glasses with chipped ice; pour hot strong coffee over ice until glasses are three-fourths full, and top each with a heaping tablespoon of vanilla ice cream. Use 1 quart coffee for 6 glasses.

DECAFFEINATED COFFEE

Decaffeinated coffee has had most of the caffeine extracted and it is used by those who find coffee too stimulating. Unless specific directions for preparation are given on the can, prepare as for coffee.

SOLUBLE OR INSTANT COFFEE

Soluble or instant coffee is made by concentrating or evaporating a strong coffee infusion; it may be had in the form of a paste, or finely pulverized. Follow directions on can, or place about 1 teaspoon in cup, fill with boiling water and stir until dissolved.

COFFEE SUBSTITUTES

There are various types of coffee substitutes on the market: some are prepared from cereals, others from roots such as chicory, and from vegetables and fruits. They supply a hot beverage for those who do not drink coffee. Follow directions on package or can; some are prepared in cup by stirring boiling water into a given amount; others are prepared by boiling or steeping.

CHOCOLATE and cocoa are derived from the seeds of *Theobroma cacao*, a tropical evergreen tree. Some of the fat is extracted from chocolate to make cocoa. Both contain theobromine, a mild astringent similar to theine and caffeine, and small amounts of tannin, some protein, fat and starch. The starch in chocolate and cocoa must be cooked, for a few minutes, before adding milk to the beverage. Chocolate and cocoa make nutritious beverages and a concentrated food when taken in solid form; they are less stimulating than tea or coffee.

HOT CHOCOLATE

2 squares chocolate	dash of salt
1 cup cold water	3 tablespoons sugar
	3 cups milk

Heat together chocolate and water, stirring until chocolate is melted and blended; add salt and sugar, and boil 4 minutes, stirring constantly. Place pan over hot water, gradually stir in milk, and heat thoroughly. When ready to serve, beat with rotary beater until light and frothy. Approximate yield: 6 portions.

PARTY CHOCOLATE

½ cup heavy cream, whipped	¾ cup Chocolate Syrup (page 152)
	4 cups milk, scalded

Fold cream into cold Chocolate Syrup; serve 1 heaping tablespoon in each serving cup and fill with hot milk, stirring well; serve at once. This makes an attractive, simple and convenient drink to serve at bridge or after-theatre parties. Yield: 6 to 8 medium-sized cups.

FRENCH OR SWISS CHOCOLATE

3 squares chocolate	1 cup water
½ cup sugar	4 cups milk, scalded

Flake chocolate, add sugar and water, and cook gently over boiling water 15 minutes or longer; stir in hot milk and serve at once. Approximate yield: 6 portions.

BEVERAGES [CHOCOLATE AND COCOA]

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COCOA

$\frac{1}{4}$ to $\frac{1}{3}$ cup sugar
6 tablespoons cocoa

dash of salt
1 cup water
5 cups milk

Combine sugar, cocoa and salt in saucepan; stir in water and boil 2 minutes, stirring until thickened. Add milk and heat slowly until scalded and just below the boiling point; cover and keep hot over hot water; just before serving, beat with rotary beater until frothy. Serve with whipped cream or marshmallow, if desired. Approximate yield: $1\frac{1}{2}$ quarts, or 6 portions.

ICED MINT COCOA

Use recipe for Cocoa (see above), increase sugar to 1 cup and add 3 sprigs crushed mint to cocoa, sugar and water; strain hot cocoa and chill. Add 1 teaspoon vanilla and pour into tall glasses, half-filled with crushed ice. Top each glass with whipped cream and garnish with a mint spray. Approximate yield: 6 glasses.

CHOCOLATE SYRUP

4 squares chocolate
1 cup hot water

1 cup sugar
 $\frac{1}{8}$ teaspoon salt
1 teaspoon vanilla

Melt chocolate over hot water, stir in hot water, sugar and salt, and cook about 5 minutes, stirring until smooth; cool and add vanilla. Pour into glass jar, cover tightly and store in refrigerator; it will keep well. For chocolate drinks, use 2 tablespoons for 1 cup milk; for ice cream or other dessert sauces, reheat and add 1 tablespoon butter. Approximate yield: $1\frac{1}{2}$ cups syrup.

JEFFY CHOCOLATE SYRUP

6 squares chocolate
 $1\frac{1}{3}$ cups (1 can) sweetened
condensed milk

1 cup boiling water
 $\frac{1}{3}$ cup sugar
dash of salt
1 teaspoon vanilla

Melt chocolate over boiling water, remove and gradually stir in condensed milk, then hot water and sugar, stirring until sugar is dissolved; add salt and vanilla, chill and store in covered container in refrigerator. Use for iced or hot chocolate, allowing 2 tablespoons syrup for 1 cup milk. Approximate yield: $2\frac{2}{3}$ cups syrup.

COCOA SYRUP

$\frac{1}{2}$ cup cocoa	dash of salt
$1\frac{1}{4}$ cups sugar	1 cup water
1 teaspoon vanilla	

Combine cocoa, sugar and salt; stir in water and boil 3 minutes, stirring until smooth; cool, add vanilla and store in covered container in refrigerator. For chocolate drinks, use 2 tablespoons syrup for 1 cup milk; for dessert or ice cream sauce, reheat, add $1\frac{1}{2}$ tablespoons butter and serve hot. Approximate yield: $1\frac{1}{2}$ cups syrup.

ICED CHOCOLATE OR COCOA

Use 2 tablespoons Chocolate, or Cocoa Syrup (page 152) to 1 cup milk; beat with rotary beater or shake until frothy and pour over cracked ice in tall glasses. Flavor with cinnamon, ginger, a drop of peppermint extract, or crushed mint leaves, and serve with whipped cream, if desired. Yield: 1 large glass.

ICED CHOCOLATE MOCHA

1 cup hot strong coffee	$\frac{1}{2}$ cup Chocolate Syrup (page 152)
3 cups milk	$\frac{1}{4}$ cup heavy cream, whipped

Combine hot coffee, milk and chocolate syrup; beat with rotary beater until frothy; cool. Pour over chopped ice in small glasses and top with whipped cream. Approximate yield: 6 portions.

CHOCOLATE MALTED MILK

Use 2 tablespoons each malted milk powder and Chocolate Syrup (page 152) or Cocoa Syrup (see above) to 1 cup milk; beat with rotary beater or shake until frothy; pour over cracked ice in tall glass and serve at once. Yield: 1 large glass.

FROSTED CHOCOLATE

Use 2 tablespoons Chocolate, Cocoa, or Jiffy Chocolate Syrup (page 152) to 1 cup milk, chilled; beat with rotary beater or shake well and pour into tall glass. Add small scoop of chocolate or coffee ice cream, stir slightly with spoon and serve at once. Yield: 1 tall glass.

CHOCOLATE SODA

Use recipe for Frosted Chocolate; substitute $\frac{1}{2}$ cup carbonated water for $\frac{1}{2}$ cup milk, and stir only enough to mix; do not beat.

SODA FOUNTAINS dispense nutritious egg, milk and fruit drinks as refreshants or to supplement a sandwich at luncheon. In the home, such nutritious drinks are often considered only for their refreshing qualities whereas many of them are useful mediums for including an extra egg or milk in the diet. Carbonated or charged beverages contain, besides flavoring, considerable amounts of sugar and fruit juices which add to the calorie value.

EGGNOG

1 egg, well beaten	1 cup chilled rich milk, or ½ cup
2 teaspoons sugar or 2 tablespoons	milk and ½ cup cream
honey	¼ teaspoon vanilla
	dash of nutmeg

Beat egg with sugar; beat in milk and vanilla, and serve cold in tall glass and sprinkle lightly with nutmeg. For a more fluffy eggnog, separate egg and beat egg white until stiff; beat egg yolk until light; beat in sugar, milk, flavoring; fold in white. Yield: 1 tall glass.

FRUIT EGGNOG

Flavor Eggnog (see above) with 2 tablespoons homogenized fruit instead of vanilla and nutmeg, or flavor with 1 tablespoon fruit juice, such as grape juice, orange juice or cherry juice.

CHOCOLATE EGGNOG

Flavor Eggnog (see above) with 2 tablespoons Chocolate, or Cocoa Syrup (page 152), omitting sugar.

SHERRY EGGNOG

Flavor Eggnog with 2 tablespoons sherry, or any desired wine. For eggnog with brandy, whiskey or rum, see wine section (page 848).

GRAPE JUICE WITH EGG

3 tablespoons orange juice	2 teaspoons sugar
½ cup grape juice	dash of salt
1 egg white, stiffly beaten	

Pour chilled fruit juices in tall glass; add sugar and salt to egg white, add to fruit, and stir just enough to mix well. Yield: 1 tall glass.

COFFEE MILK SHAKES

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To prepare shakes, mix ingredients by shaking in cocktail shaker or beating with rotary beater. Pour over cracked ice in tall glasses, and serve at once; if permitted to stand until ice melts, they become too diluted. Each recipe yields approximately 6 portions.

Coffee-Egg Milk Shake—Use 3 cups cold strong coffee, 3 eggs, well beaten, 6 cups chilled milk, 6 tablespoons cream, sugar to taste and dash of salt. Add enough iced carbonated water to each glass to foam mixture to the top.

Coffee-Chocolate Milk Shake—Use $1\frac{1}{2}$ cups cold strong coffee, $\frac{3}{4}$ cup Chocolate Syrup (page 152) and 7 cups milk. Top each glass with 1 tablespoon whipped cream, if desired.

Iced Coffee Shake—Use 3 cups cold strong coffee, 3 drops almond extract, 2 cups chilled milk, 2 cups Apollinaris water and powdered sugar to taste. Top each glass with sweetened whipped cream and dust with cinnamon.

ORANGE MILK SHAKE

2½ cups orange juice	½ teaspoon salt
1½ cups grape fruit juice	¼ teaspoon almond extract
1 cup evaporated milk	¼ cup sugar
1 cup water	1 cup cracked ice

Combine all ingredients as listed, in a shaker; shake until well mixed. Yield: 6 tall glasses.

GINGER ALE CREAM

⅓ cup lemon juice	½ cup medium cream
1 banana, mashed	½ pint orange ice
½ cup sugar	1 pint ginger ale, chilled
1 orange, sliced	

Combine lemon juice, banana and sugar, and chill; stir in cream, add orange ice and ginger ale, mix well, and serve at once. Decorate with orange slices. Approximate yield: 4 cups.

SUGAR SYRUP

Boil equal amounts of sugar and water about 10 minutes; pour into a sterilized jar, cover, chill and use for beverages.

LEMONADE

6 lemons (1 cup and 2 tablespoons juice)	1 cup Sugar Syrup (above) 3½ cups water
---------------------------------------------	--------------------------------------------

Squeeze juice from lemons; add to syrup and dilute with water, adding more syrup if a sweeter drink is desired; pour over cracked ice in tall glasses and garnish with mint leaves, orange slices, fresh berries or pineapple sticks. Approximate yield: 6 tall glasses.

LEMONADE FOR ONE

For one tall glass lemonade, use juice of 1 lemon, 1½ to 2 tablespoons sugar and ¾ cup water. Stir until sugar is dissolved and chill thoroughly. Or add 3 tablespoons Sugar Syrup (see above) and ⅔ cup water to juice of 1 lemon (3 tablespoons).

LIMEADE

Use 1 cup lime juice, 1 cup Sugar Syrup (see above) and 3½ cups water.

ORANGEADE

Use juice of 4 oranges and 1 lemon, 1 cup Sugar Syrup (see above) and 3½ cups water.

CRANBERRY PUNCH

1½ cups sugar	⅓ cup lemon juice
3 cups boiling water	1 pint raspberry ice
2 cups cranberry sauce	1 quart carbonated water
½ cup maraschino cherries	

Dissolve sugar in hot water, add sauce and stir until smooth; add lemon juice and strain through fine sieve or cheesecloth; chill. When ready to serve, pour over block of ice in punch bowl; add raspberry ice, carbonated water and cherries, chopped fine. Approximate yield: 3 quarts, or about 20 portions.

MULLED CIDER

¾ cup firmly packed brown sugar	1 teaspoon allspice
¼ teaspoon salt	3 sticks cinnamon
1 teaspoon cloves	grating of nutmeg
2 quarts sweet cider	

Thoroughly mix brown sugar, salt and spices; add to sweet cider and simmer for 10 minutes; strain through cheesecloth and reheat. This is best served steaming hot in earthen mugs. Approximate yield: 8 portions.

ORANGE ICE PUNCH

1 gallon orange ice	9 oranges
8 quarts ginger ale, chilled	

Turn orange ice into large punch bowl and add pulp and juice of oranges and chilled ginger ale. No ice will be required as the ice chills as it melts. This makes a simple and refreshing summer beverage. Approximate yield: 40 punch-cup portions.

FRUIT JUICE PUNCH

2 quarts strong tea	4 cups strained orange juice
1½ to 2 quarts loganberry juice	2 quarts water
1½ cups strained lemon juice	1 cup sugar
6 bottles (9 oz.) ginger ale	

Mix tea, fruit juices, water and sugar, and chill ½ day. Just before serving, add ginger ale and pour over large piece of ice in punch bowl. Approximate yield: 8 quarts, or 60 small glasses.

RASPBERRY MINT CRUSH

2 cups sugar	1 cup red raspberries
3 cups boiling water	1 bunch mint
2 cups lime juice	

Dissolve sugar in hot water and chill; add berries, crushed with mint, and lime juice, and chill 2 to 3 hours in refrigerator. Strain and pour over cracked ice in small glasses, and serve with additional mint leaves. Approximate yield: 1½ quarts, or 12 small glasses.

TEA PUNCH

To 1 cup strong tea infusion, add 1 cup sweetened strawberry juice, $\frac{1}{2}$ cup orange juice and 3 tablespoons lemon juice; chill. Just before serving, add 1 cup chilled, pale dry ginger ale. Pour into chilled glasses and garnish with whole berries. Approximate yield: 6 punch-cup portions or 2 tall glasses.

RHUBARB-TEA PUNCH

To 1 cup tea infusion, add 6 tablespoons lemon juice, $\frac{3}{4}$ cup sugar, 1 small bunch fresh mint, 2 cups slightly sweetened, stewed rhubarb and 1 stick (2 inches) cinnamon; chill. When ready to serve, remove cinnamon and add 1 quart cracked ice, 1 orange, thinly sliced, 1 quart chilled ginger ale and 1 pint iced carbonated water. Serve in tall, iced tea glasses with straws. Approximate yield: 12 tall glasses.

MINT JULEP ICED TEA

To 2 cups tea infusion, add 1 bunch mint, crushed, 6 tablespoons lemon juice, 1 cup orange juice, $\frac{3}{4}$ cup sugar and 3 whole cloves; chill several hours. When ready to serve, strain and add 1 pint white grape juice, $\frac{1}{4}$ cup each diced pineapple and sliced maraschino cherries, 1 orange, sliced thin then cut in eighths, and 1 quart carbonated water. Pour into tall glasses half-filled with cracked ice and top with sprig of fresh mint. Or pour over block of ice in punch bowl and serve from bowl. Approximate yield: 15 tall glasses or 40 punch-cup portions.

FRUIT TEA PUNCH

To 8 cups hot, strong tea infusion, add 2 cups each lemon and pineapple juice, and $\frac{1}{2}$ cup Sugar Syrup (page 156); pour over a large piece of ice. Add fresh mint or 2 lemons, sliced thin, then quartered. Garnish with pineapple sticks and additional mint, if desired. Approximate yield: 24 punch-cup portions.

TEA AND ORANGE PUNCH

To 2 cups tea infusion, add 2 cups orange juice, $\frac{1}{2}$ cup each lemon juice, grapefruit juice and raspberry syrup (from canned fruit), $1\frac{1}{2}$ cups Sugar Syrup (page 156) and 1 pint ginger ale. Pour over block of ice and serve garnished with thin slices of orange. Approximate yield: 25 punch-cup portions.

RHUBARB FLIP

Stir 1 cup sweetened rhubarb juice, 1 tablespoon sugar and dash of nutmeg into 3 well-beaten egg yolks and pour over cracked ice in 6 tall glasses. Fill with ginger ale and serve at once.

SPICED FRUIT CUP

2½ cups orange juice	½ teaspoon nutmeg
1½ teaspoons grated lemon rind	¼ teaspoon allspice
3 tablespoons lemon juice	½ teaspoon cinnamon
1 cup pineapple juice	½ cup sugar
2 cups water	1 tablespoon honey
6 whole cloves	1½ quarts ginger ale

Combine orange juice, lemon rind and juice, pineapple juice, water, spices, sugar and honey; cover and let stand in warm place 3 hours. Strain over cracked ice; add ginger ale and serve at once. Approximate yield: 3 quarts, or 24 small glasses.

APRICOT PUNCH

½ pound dried apricots	3 tablespoons lemon juice
½ cup sugar	1 cup sweet cider
1 cup orange juice	1½ to 2 quarts iced water
candied cherries	

Soak apricots overnight, then stew in water in which they were soaked 15 minutes, or until soft; add sugar and cook 5 minutes' longer; put through potato ricer or coarse sieve. Combine orange and lemon juice and cider, pour over apricots and stir thoroughly; strain and dilute with iced water to taste. Garnish with candied cherries. Yield: 8 to 10 glasses.

PINEAPPLE LIME PUNCH

2 cups currant jelly	1 cup orange juice
2 cups boiling water	2 cups strained lime juice
2 cups pineapple juice	1 quart ginger ale

Beat currant jelly with rotary beater until frothy; add hot water and continue beating until jelly is dissolved; add fruit juices and chill. Before serving, add ginger ale and pour over a large piece of ice. Approximate yield: 3 quarts, or 24 small glasses.

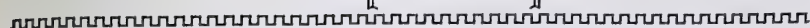
Appetizers

APPETIZERS must be so good that they prick the conscience of a guest who wants to make a meal of them. Yet if each serves its purpose, the appetizer must not only create a desire for more, but it must, without taking the edge off appetite, make a guest feel that there is something very elegant in store for him. Quite a responsibility for the one who prepares the appetizers, but not so difficult if you learn how to make simple appetizers that radiate good looks and temperament, before tackling the more elaborate ones. In the following section, there are recipes for canapés, hors d'œuvres and cocktails, plain and fancy, to please amateur or professional.

CANAPÉS

CANAPÉS are little mouthfuls of savory food spread on a firm, edible base. Because of their festive appearance, canapés often take the place of sandwiches at cocktail and buffet parties. Many credulous souls believe that variations of the limp sardine stretched on a piece of toast are representative of all canapés. Nothing could be farther from the truth. There are little puffed cracker, or pastry canapé bases to be spread with such things as Chutney Butter, Green Savory Butter and Chicken Liver Paste; doll-sized pastry turnovers; petites crêpes filled with savory mixtures; and seafood spreads that use inverted mushroom caps or tender artichokes for a base.

To look professional, canapés need a certain amount of codling; chill thoroughly ingredients that need chilling; cut and



trim with painstaking care—sharp knives or cutters are essential for this; and exercise restraint as well as ingenuity in garnishing. Garnishes such as mint, capers, pimienta and tiny pearl onions make all the difference between a canapé that will not encourage a second look and one that knows its time has come. 161

BREAD CANAPÉ BASES

Use thin slices of bread cut $\frac{1}{4}$ inch thick; remove crusts and cut in small shapes such as rounds, triangles, crescents, stars, squares, diamonds, hearts, oblongs and strips; toast or sauté in butter on one side only. Use as base for canapés; spread mixture over untoasted surface and garnish as desired. When bread is used for rolled canapés, remove crusts from very thin slices, cut in halves, or smaller pieces, spread with filling, roll, fasten with toothpicks and toast in broiler, or sauté in butter, turning to brown evenly.

PREPARED CANAPÉ BASES

A variety of ready-to-use canapé bases made of bread, cracker or pastry mixtures can be purchased; these may be as simple or elaborate as you like. Thin crackers or wafers of many varieties, flaked or shredded cereals, and potato chips make simple and attractive bases. To crisp or freshen, place in moderate oven (350° F.) about 10 minutes before using, spreading them over bottom of pan.

PUFFED CRACKERS

Soak flaky crackers in ice water 8 minutes, firm crackers 10 minutes, then drain on paper towels; place in greased pans, using flexible pancake turner. Brush with seasoned melted butter and bake in very hot oven (450° F.) 10 minutes; then reduce heat to moderate (350° F.) and bake 20 minutes longer, or until delicately browned and crisp.

INDIA PUFFS

Use recipe for Puffed Crackers (see above); brush 18 soaked crackers with mixture of 3 tablespoons butter, melted, $\frac{1}{2}$ teaspoon salt, $\frac{1}{4}$ teaspoon paprika and $\frac{3}{4}$ teaspoon curry powder, and bake as directed. Yield: $1\frac{1}{2}$ dozen canapés.

MODIFICATIONS OF INDIA PUFFS

(Use recipe on page 161)

Cheese Puffs—Sprinkle grated cheese over prepared crackers and bake as directed. Spread with a Canapé Butter (page 164), if desired.

Nut Puffs—Sprinkle finely chopped nuts over prepared crackers and bake as directed. Spread with a Canapé Butter (page 164), if desired.

Caraway Puffs—Sprinkle caraway seeds over prepared crackers and bake as directed. Spread with a Canapé Butter (page 164), if desired.

PASTRY CANAPÉ BASES

Use recipe for Plain Pastry or its modifications (pages 637–638); roll $\frac{1}{8}$ inch thick and cut in small shapes as desired. For variety, sprinkle shapes lightly before baking with celery, caraway, coriander, cardamom or fennel seeds; cayenne, paprika, curry powder, mustard, allspice or mace; or grated cheese or chopped nuts; or spread with peanut butter.

Roll Puff Paste (page 641) $\frac{1}{8}$ inch thick; cut in small rounds, put two together to make small patty cases and bake as directed. Fill with seasoned caviar, fish or meat, fruit or cheese spread (pages 164–167), or any canapé filling. Puff pastry, rolled $\frac{1}{4}$ inch thick, may be cut in small shapes, baked and used as desired with canapé spreads or fillings.

Fill miniature Puff Shells (page 661) with canapé fillings such as butter, fish, meat, cheese or fruit spreads (pages 164–167).

CANAPÉ CHEESE PASTRY BASE

$\frac{3}{4}$ cup sifted flour

$\frac{1}{2}$ cup butter

$\frac{1}{8}$ teaspoon salt

2 packages (6 oz.) cream cheese

1 tablespoon cold water

Mix flour and salt; cut in butter and cheese with pastry blender or two knives. Stir in water, then chill thoroughly. When ready to use, roll very thin, cut in rounds or oblongs and bake in very hot oven (450° F.) about 10 minutes, or until lightly browned. This dough may be kept in refrigerator several days and used a little at a time. Use as canapé base or serve plain. Approximate yield: $2\frac{1}{2}$ cups dough, or 100 canapé bases.

CHEESE PASTRY CANAPÉS

Use recipe for Canapé Cheese Pastries (see above); sprinkle chopped nuts, caraway or poppy seeds, or cinnamon and sugar over baked pastries while they are still hot. Approximate yield: 100 canapés.

PASTRY CHEESE STICKS

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Use $\frac{1}{2}$ recipe Plain Pastry (page 637) and $\frac{1}{3}$ cup grated cheese. Roll dough $\frac{1}{4}$ inch thick and sprinkle $\frac{1}{2}$ with grated cheese, leaving a $\frac{1}{2}$ -inch margin around edges; fold in half, press edges together and roll $\frac{1}{4}$ inch thick; repeat three times. Then cut in strips about $\frac{1}{2}$ inch wide; place on ungreased baking sheet and chill. Bake in very hot oven (500° F.) about 10 minutes. Left-over pastry may be used for cheese sticks. Yield: 16 sticks.

TURNOVER CANAPÉS

$\frac{1}{2}$ recipe Plain Pastry (page 637)	2 tablespoons minced parsley
1 cooked chicken liver, minced	$\frac{1}{4}$ teaspoon curry powder
2 slices broiled bacon, minced	salt
1 hard-cooked egg, chopped	paprika

Prepare plain pastry or one of modifications; roll $\frac{1}{8}$ inch thick and cut in 2-inch squares. Mix together chicken liver, bacon, egg, parsley and curry powder; season with salt and paprika. Place 1 teaspoon in center of each square, fold pastry over into a triangle and press edges together with floured fork. Fry in hot deep fat (370° F.) for 3 to 5 minutes, or until golden brown. Garnish with parsley, if desired. These canapés may be made with caviar flavored with lemon juice. Approximate yield: 2 dozen canapés.

CHEESE QUICKS

1 cup prepared biscuit mix	$\frac{1}{4}$ teaspoon salt
1 cup grated American cheese	$\frac{1}{2}$ cup water

Combine biscuit mix, cheese and salt. Stir in water. Put mixture through a cooky press, using small shapes. Bake on ungreased baking sheet in very hot oven (450° F.) about 10 minutes. Approximate yield: 2 dozen appetizers.

HOT CHEESE NUT BALLS

2 teaspoons flour	1 cup grated American cheese
$\frac{1}{8}$ teaspoon cayenne	1 egg white, stiffly beaten
$\frac{1}{2}$ teaspoon salt	$\frac{1}{4}$ cup finely chopped nuts

Mix flour, cayenne, salt and grated cheese. Fold in egg white lightly until well blended. Form mixture into small balls and roll in chopped nuts. Fry in hot deep fat (375° F.) until golden brown. Serve hot on cocktail picks as an appetizer or with salad. Yield: 15 balls.

CANAPÉ BUTTERS

To prepare any one of the following butters, beat the ingredients into $\frac{1}{4}$ cup butter, creamed; store in covered container in cold place until ready to use. If hard, leave in room about 1 hour, or cream enough to soften before spreading on canapé base.

Lemon Butter—Use a few gratings lemon rind and 2 teaspoons lemon juice. Lime or orange rind and juice may be substituted for lemon.

Nut Butter—Use 2 tablespoons finely ground nuts; season with salt.

Peanut Butter—Use $\frac{1}{4}$ cup peanut butter and 1 teaspoon honey; season with salt.

Chives Butter—Use 1 tablespoon finely minced chives and 1 teaspoon lemon juice.

Onion Butter—Use 1 teaspoon onion juice.

Mint Butter—Use 2 tablespoons finely chopped mint leaves and 1 teaspoon lemon juice. Color a delicate green with vegetable coloring.

Parsley Butter—Use 2 tablespoons finely cut parsley and 1 teaspoon lemon juice.

Watercress Butter—Use 2 tablespoons finely chopped watercress, 1 teaspoon lemon juice and a few drops Worcestershire sauce.

Olive Butter—Use 1 tablespoon olive paste and $\frac{1}{4}$ teaspoon lemon juice.

Pimiento Butter—Use 2 tablespoons mashed pimiento and 1 teaspoon finely chopped pickles.

Chili Butter—Use 2 tablespoons chili sauce.

Chutney Butter—Use 1 tablespoon chutney.

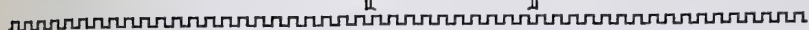
Horseradish Butter—Use 2 tablespoons horseradish.

Ketchup Butter—Use 2 tablespoons ketchup.

Mustard Butter—Use 1 tablespoon prepared mustard.

Worcestershire Butter—Use $\frac{1}{4}$ teaspoon Worcestershire sauce.

Cheese Butter—Use $\frac{1}{4}$ cup soft snappy cheese.



Roquefort Butter—Use 1 tablespoon Roquefort cheese.

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Parmesan Butter—Use 2 tablespoons Parmesan cheese.

Egg Butter—Use 2 hard-cooked egg yolks, finely mashed, $\frac{1}{2}$ teaspoon lemon juice and dash of tabasco sauce; season with salt and cayenne.

Anchovy Butter—Use 1 tablespoon anchovy paste, $\frac{1}{2}$ teaspoon lemon juice and dash of paprika.

Green Savory Butter—Mix together 3 tablespoons spinach purée, 1 tablespoon anchovy paste, 1 teaspoon capers, dash of paprika and salt to taste; force through sieve.

Lobster Butter—Use 1 tablespoon lobster paste, $\frac{1}{2}$ teaspoon lemon juice and dash each of paprika and dry mustard.

Shredded Lobster or Crabmeat Butter—Use 1 cup finely shredded lobster or crabmeat.

Salmon Butter—Use 1 tablespoon salmon paste, 1 teaspoon lemon juice and dash of cayenne.

Sardine Butter—Use 1 tablespoon sardine paste, $\frac{1}{2}$ teaspoon each lemon and onion juice, and dash of paprika.

CHEESE SPREADS

Pimiento-Ginger Spread—Combine $\frac{1}{2}$ cup finely chopped pimiento, 1 tablespoon finely chopped ginger and enough cream to moisten. Serve on toast squares; garnish with bits of crisp bacon.

Cheese-Onion Spread—Mix $\frac{1}{2}$ package ($1\frac{1}{2}$ oz.) cream cheese with 1 tablespoon minced onion and season with salt; add cream to moisten. Serve on crackers or toast rounds. Sprinkle lightly with paprika, or place sprig of parsley in center. Or spread on slices of dried beef, roll tightly and cut in 1-inch lengths.

Chili-Cheese Spread—Mix 1 package (3 oz.) cream cheese with enough chili sauce to moisten. Serve on crisp potato chips.

Roquefort-Chives Spread—Mix Roquefort cheese with enough French dressing to moisten; season with chopped chives. Serve on crackers.

Cheese-Caviar Spread—Moisten cream cheese with cream; shape into tiny balls and roll in caviar. Serve on small crackers, buttered lightly.

FRUIT SPREADS

Avocado-Onion Spread—Season mashed avocados with minced onion, salt and dash of tabasco sauce. Serve in canapé shells.

Avocado Spread—Season mashed avocado with lemon, lime or grapefruit juice, and salt. Spread on toast rounds or crackers. Garnish with sprig of parsley, or place thin slice of tomato on toast and cover with spread.

Guava-Cheese Spread—Spread bread or crackers with cream cheese, then with guava jelly; sprinkle chopped nuts over top.

FISH SPREADS

Anchovy-Cheese Spread—Mix 1 part anchovy with 2 parts cream cheese. Spread on crackers. Garnish with $\frac{1}{2}$ curled anchovy or caper in each center.

Deviled Crabmeat Spread—Add 1 cup flaked crabmeat, 1 tablespoon each butter and onion juice, 1 teaspoon Worcestershire sauce and $\frac{1}{4}$ teaspoon mustard to $\frac{1}{4}$ cup Thick White Sauce (page 91), and heat thoroughly. Season with salt and pepper, and serve hot on crackers.

Caviar Spread—Mix 3 tablespoons caviar, 2 tablespoons finely chopped white onions and $1\frac{1}{2}$ teaspoons lemon juice. Serve on toast points. Garnish with hard-cooked egg, daisy style.

Caviar-Egg Spread—Mix 2 tablespoons caviar with 2 hard-cooked eggs, minced; moisten with mayonnaise. Serve on toast rounds.

Tuna Fish Spread—Mix $\frac{1}{2}$ cup shredded tuna fish, 1 tablespoon lemon juice and 1 teaspoon grated onion with mayonnaise to moisten. Spread on toast squares and garnish with a half slice of lemon.

Smoked Fish Canapés—Arrange thin strips of smoked salmon and smoked herring on toast fingers. Decorate edge of toast with Anchovy Butter (page 165) and sprinkle with chopped parsley.

Shrimp Spread—Mix finely chopped shrimp with lemon juice and tabasco sauce, and season with salt and pepper. Spread on toast rounds and garnish each with section of pickled walnut.

Kippered Herring Spread—Mix 1 cup mashed kippered herring, $\frac{1}{2}$ cup minced cucumber and 2 drops onion juice. Serve on toast rounds.

MEAT SPREADS

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Ham-Cheese Spread—Mix 1 cup finely chopped, cold boiled ham, $\frac{1}{4}$ cup grated American cheese, $\frac{1}{2}$ teaspoon grated onion and 1 teaspoon ketchup. Spread on crackers and place in center of each a bit of Fluffy Horseradish Sauce (page 389). Sprinkle with paprika.

Deviled Ham Spread—Mix 1 cup deviled ham, 2 hard-cooked eggs, chopped, and 1 tablespoon horseradish. Spread on toast rounds and garnish with watercress.

Pâté de Foie Gras Spread—Mix 3 tablespoons pâté de foie gras with $\frac{1}{4}$ cup cream and season to taste. Rub through sieve and spread on toast fingers. Garnish with parsley.

Chicken Livers Spread—Mix $\frac{1}{2}$ cup chopped, cooked chicken livers with 2 hard-cooked eggs, chopped, and 1 teaspoon minced onion; season to taste and moisten with cream. Spread on crisp crackers and garnish each with parsley.

Liverwurst Spread—Remove skin from $\frac{1}{2}$ pound liverwurst; mash well and add 1 teaspoon lemon juice, $\frac{1}{2}$ teaspoon Worcestershire sauce and dash of paprika. Moisten with cream. Spread on toast rounds and garnish with Onion Butter (page 164).

CANAPÉ CRÊPES

1/2 cup sifted flour	2 egg yolks, beaten
1/2 teaspoon salt	1 cup water

Mix flour and salt. Combine egg yolks and water; gradually add to flour, beating until smooth. Bake on greased hot griddle or frying pan. Cool, spread with a canapé filling and roll lightly. Approximate yield: 20 very thin, small crêpes or canapé bases.

CRÊPES CAVIAR

1 recipe Canapé Crêpes (above)	2 cans (2 oz.) caviar
1 cup heavy cream, whipped	dash of tabasco sauce

Prepare crêpes. Mix together cream, caviar and tabasco; spread layer on each cooled crêpe and roll lightly. Yield: 20 crêpe canapés.

STUFFED DILL PICKLES

With small corer remove center from dill pickles. Cut pencil-shaped piece of spiced sausage and spread with cream cheese. Push sausage strip into center of pickle. After chilling, cut in 1/2-inch slices.

CAVIAR RISSELETTES

Roll Puff Paste (page 641) 1/4 inch thick and cut in small rounds. Place 1 teaspoon caviar, seasoned with lemon juice, in the center of each; wet edges and cover with a second round; press edges together. Fry in hot deep fat (370° F.) for 3 to 4 minutes, or until delicately browned. Drain on absorbent paper.

ALMOND PARMESAN FINGERS

3 tablespoons chopped sweet almonds	3 tablespoons heavy cream
3 tablespoons butter	3 tablespoons minced parsley
6 tablespoons grated Parmesan cheese	salt and pepper
12 buttered toast strips	

Blanch and chop almonds and sauté in butter until golden brown. Mix cheese, cream and parsley, and add salt and pepper to taste; spread on toast strips. Sprinkle tops with almonds and place in hot oven to heat thoroughly before serving. Yield: 1 dozen canapés.

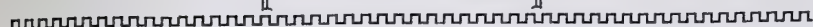
ANCHOVY-EGG CANAPÉS

Drain 1 can anchovy fillets, then marinate with mixture of 3 tablespoons each lemon and onion juice, and dash of cayenne for 1/2 hour. Drain and arrange fillets on 12 toast rounds; border with 1 hard-cooked egg, finely minced, dust with paprika and garnish with watercress. Yield: 1 dozen canapés.

ASPARAGUS CANAPÉS

12 thin slices bread	mustard
6 thin slices boiled ham	12 asparagus tips, cooked or canned
mayonnaise	

Trim crusts from bread; cut slices of ham in halves, then trim to fit bread slices and spread with mustard. Dip asparagus in mayonnaise, place one tip at end of prepared slice of bread and roll as for jelly roll; spear with a toothpick at each end. Place on broiler rack in preheated broiler and turn to toast rolls. Yield: 1 dozen canapés.



LOBSTER CANAPÉS

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8 buttered toast rounds	2 tablespoons grated Parmesan cheese
tartar sauce	1 teaspoon horseradish
1 cup chopped cooked lobster	mayonnaise
¼ cup chopped sautéed mushrooms	stuffed olives, sliced
salt and paprika	watercress

Spread untoasted sides of bread with tartar sauce and cover with mixture of lobster meat and chopped mushrooms; sprinkle lightly with salt and paprika, and set in cold place. Mix cheese and horseradish, and add enough mayonnaise to make a creamy mixture; press through pastry bag to form border around edge of canapés. Place an olive slice garnished with a sprig of watercress in center of each canapé. Yield: 8 canapés.

HORS D'ŒUVRES

HORS D'ŒUVRES are what the Italians call "antipasto" and the Scandinavians, "Smörgåsbord." Americans have adopted the French name for an international dish that means an assortment of fresh, crisp vegetables, cold cuts, stuffed eggs, pickles and other tasty morsels designed to tease the appetite. Many people serve a tray of hors d'œuvres in place of salad at afternoon bridge and buffet supper parties. If hors d'œuvres are offered as the first course at the informal dinner, the salad course should be omitted. Canapés may be passed or served on the same plate with the hors d'œuvres, to be eaten with a fork, or the canapés may be omitted and crackers or pastry sticks passed as accompaniments.

Substantial hors d'œuvres, like Frankfurter Savory, and Tomato-Liver Paste Cups, with cold cuts and varieties of crisp vegetables, belong in the evening buffet supper. Dinner hors d'œuvres should be less elaborate and may include one rather "filling" appetizer such as Cucumber Cheese Slices, crabmeat-stuffed eggs or Italian hors d'œuvres and assorted crisp vegetables—radish roses, olives and carrot sticks. All the vegetables must be firm and crisp—keep them literally on ice until ready for use. (Directions for preparing celery curls, carrot sticks, etc., are given on page 493.)

STUFFED EGG APPETIZERS

Caviar Monte Carlo—Cut hard-cooked eggs in halves lengthwise and remove yolks. Fill whites with mixture made by mixing egg yolks with caviar, anchovy paste and mayonnaise to moisten.

Crabmeat-Stuffed Eggs—Cut 6 hard-cooked eggs in halves lengthwise and remove yolks. Fill whites with mixture made by combining minced egg yolks with 1 teaspoon dry mustard, 1 cup flaked crabmeat, 1 cup finely chopped celery, 2 tablespoons chopped green pepper and $\frac{3}{4}$ cup mayonnaise. Garnish with tomatoes and parsley.

RUSSIAN EGGS

1½ tablespoons gelatin	2 tablespoons sherry
½ cup cold water	2 tablespoons lemon juice
2 cups chicken stock or bouillon	6 Deviled Eggs (page 88)
salt and pepper	12 slices of tomatoes

Soften gelatin in water about 5 minutes; add boiling hot stock and stir until dissolved. Add seasonings, sherry and lemon juice; chill. Place $\frac{1}{2}$ deviled egg, cut side up, in each cup or mold and pour slightly thickened gelatin mixture over egg. Chill until firm. Unmold and serve each on slice of tomato. Yield: 1 dozen portions.

COOKED HARLEQUINS

2 cooked carrots, shredded	$\frac{1}{3}$ cup mayonnaise
2 cooked beets, shredded	salt and pepper
1 cup cooked shredded string beans	6 hard-cooked eggs
	paprika

Mix together vegetables, mayonnaise and seasonings to taste. Cut eggs in halves lengthwise; remove yolks and force through sieve. Fill whites with vegetable mixture and sprinkle with yolks. Dust with paprika. Yield: 1 dozen portions.

VEGETABLE APPETIZER BASES

Use vegetables such as tomatoes, cucumbers; large mild onions, celery, French endive, lettuce, new cabbage, radishes, raw or cooked young carrots, cooked small beets and artichoke bottoms, and broiled mushroom caps; use vegetable cutter for fancy shapes. Cut firm tomatoes, onions and cucumbers in thin slices and tender celery stalks in short lengths; cut medium-sized crisp round radishes and cooked beets in halves crosswise and hollow out centers from outside surfaces to make

cups; cut small carrots and mild white winter radishes in halves lengthwise and crosswise, and hollow out along centers of outside surfaces to make troughs; separate tender small leaves of endive, lettuce and early red cabbage. Crisp vegetables (page 493), and marinate cooked vegetables in French dressing; then drain and dry; spread or fill with a savory filling, garnish as desired, and place on crisp lettuce or watercress; roll leaves around filling and fasten with toothpicks. Arrange on tray or platter as assorted hors d'œuvres, or separately on plates.

STUFFED CELERY

Use only the crisp, tender white stalks of 1 bunch celery; wash and leave tips of leaves on stalks, or remove leaves from coarser stalks and curl in ice water. Dry on absorbent paper or clean towel before stuffing. Fill grooves with one of the following mixtures. Chill thoroughly before serving. Approximate yield: 10 stalks.

Cheese-Stuffed Celery—For filling, use $\frac{1}{2}$ package ($1\frac{1}{2}$ oz.) cream cheese, 2 tablespoons mayonnaise, 4 stuffed olives, chopped, 2 tablespoons minced nuts and $\frac{1}{4}$ teaspoon salt.

Roquefort-Stuffed Celery—For filling, use $\frac{1}{4}$ pound Roquefort cheese, 1 tablespoon ketchup, 1 tablespoon mayonnaise, $\frac{1}{2}$ teaspoon salt and dash each of cayenne and sugar.

Egg-Stuffed Celery—For filling, use 1 hard-cooked egg, finely chopped, and 2 tablespoons mayonnaise, seasoned with salt and pepper. Sprinkle lightly with paprika or minced parsley. Serve very crisp.

ENDIVE APPETIZER

6 blades endive	seasonings
2 tablespoons caviar	1 package (3 oz.) cream cheese
2 lemon wedges	mayonnaise

Fill endive with caviar and arrange three blades on each plate, meeting at the center on a lemon wedge. Season cheese highly and moisten with mayonnaise; shape in balls and arrange 3 on each plate between endive blades. Yield: 2 portions.

TOMATO-LIVER PASTE CUPS

Use 6 small tomatoes; cut off stem ends, scoop out centers to form cups and turn upside down to drain. Then stuff with Chicken Livers Spread (page 167). Serve on lettuce and garnish tops with strips of tomato. Yield: 6 portions.



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EGG TOMATO APPETIZER

Use 6 small tomatoes; peel, cut off stem ends, scoop out centers and turn upside down to drain. Stuff with Caviar-Egg Spread (page 166) and place on toast rounds spread with Worcestershire Butter (page 164); garnish with mixed mayonnaise and caviar. Yield: 6 portions.

STUFFED BEETS

6 tiny cooked beets	2 sweet pickles, chopped
¼ cup French dressing	dash of dry mustard
1 hard-cooked egg, chopped	dash of salt
	dash of pepper

Marinate beets for several hours in French dressing. Scoop out part of the inside and fill with paste made by mixing together remaining ingredients. Yield: 6 portions.

FRANKFURTER SAVORY

Broil cocktail frankfurters; slit halfway down on one side. Spread with mixture of prepared mustard and horseradish, using these in the proportion of 1 tablespoon mustard to ½ teaspoon horseradish. Fasten with toothpicks.

SAUSAGE-STUFFED PRUNES

Use large prunes, cooked or steamed until soft but not mushy; remove pits. Insert a tiny cocktail sausage in each. Place in well-buttered baking dish and bake in very hot oven (450° F.) until sausages begin to brown. Cool slightly before serving on toothpicks.

PRUNE AND OLIVE APPETIZERS

Remove pits from large prunes, steamed until almost tender, and fill each with small stuffed olive; wrap each in a small strip of bacon and fasten with toothpick. Broil until bacon is crisp, turning to crisp all sides. Serve warm.

PEARL ONION APPETIZERS

Cut bacon slices in thirds; place a pickled pearl onion in each piece, roll, fasten with toothpick. Broil until bacon is crisp. Serve warm.

CHEESE AND BACON ROLLS

Take as many slices of bacon as there are guests to be served and use American cheese in package form. Cut cheese in 1-inch blocks, roll strip of bacon around each and fasten with toothpicks. Broil quickly, turning often to crisp bacon and prevent cheese from melting. Serve at once on toothpicks.



ITALIAN HORS D'ŒUVRES

Antipasto or Italian hors d'œuvres are served chilled with oil and vinegar as an appetizer or first course. The assortment illustrated includes whole red pimientos surrounded with rolled salami, tomato sections, halved, hard-cooked eggs, celery hearts, shredded vegetables, anchovy curls, and whole, ripe olives dipped in oil.

CHEESE BEEF ROLLS

1 cup cottage cheese Worcestershire sauce
2 tablespoons chili sauce salt and pepper
12 small slices dried beef

Mix together cottage cheese, chili sauce and few drops of Worcestershire sauce; season to taste. Spread on dried beef, roll tightly and fasten with toothpicks. Yield: 1 dozen rolls.

PIMIENTO CHEESE ROLLS

Use ½ cup pimiento cheese for filling; spread 12 thin slices bread with mayonnaise, using 3 tablespoons; cover with cheese and top with dried beef. Roll, cut each in half and fasten with toothpicks. Toast under broiler and serve hot. Yield: 2 dozen rolls.

CELERY CHEESE BALLS

1 cup finely chopped celery dash of pepper
1 package (3 oz.) cream cheese 2 tablespoons finely chopped parsley
¼ teaspoon salt paprika

Mix together celery, cheese and seasonings; shape in small balls. Roll balls in parsley and sprinkle lightly with paprika; pimiento cream cheese may be used, if desired. Yield: 1 dozen small balls.

CUCUMBER CHEESE SLICES

1 medium-sized cucumber paprika and pepper
salt Worcestershire sauce
2 packages (6 oz.) cream cheese French dressing
2 tablespoons chopped onion lettuce
¼ cup chopped green pepper pimiento
mayonnaise

Cut cucumber in half crosswise; pare and remove seeds, leaving center hollow. Sprinkle salt around inside; drain before filling. Mix together cheese, onion and green pepper, and add enough paprika to make a reddish color. Season with salt, pepper and a few drops Worcestershire sauce; pack firmly into cucumber shells. Marinate in a little French dressing and place in refrigerator to chill. Cut in slices, ¼ inch thick; place 3 slices on small bed of crisp shredded lettuce. Garnish with strips of pimiento and mayonnaise. Serve with French dressing. Approximate yield: 6 portions.

CALIFORNIA SALAD-HORS D'ŒUVRES

Use chilled fruits and vegetables; cut avocado pear in small slices, red tomatoes in tiny pie-shaped pieces, and tiny string beans in 1-inch pieces. Marinate with French dressing seasoned with Worcestershire sauce and a few scrapings of onion. Drain after standing; then arrange in individual lettuce nests on a large platter, sprinkle sparsely with pin-head sized balls made of snappy cheese and serve with well-seasoned mayonnaise. Cantaloupe may be substituted for the avocado.

MOLDED FISH HORS D'ŒUVRES

- | | |
|------------------------|-----------------------------|
| 1 cup canned tuna fish | lettuce |
| 2½ canned herrings | Deviled Eggs (page 88) |
| 1 cup stuffed olives | small tomatoes |
| 1 cup butter | Russian dressing (page 529) |
| 2 tablespoons caviar | |

Put tuna, herrings and olives through food chopper, using finest knife; add creamed butter and mix thoroughly. Pack into pint-sized, fish-shaped mold and chill in refrigerator about 6 hours; turn out on platter of lettuce and garnish with stuffed hard-cooked eggs and tomatoes. Serve with Russian dressing mixed with caviar. Yield: 15 portions.

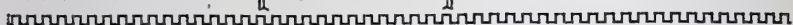
DEVILED ROE

Drain 7 or 8 pieces of fish roe, fresh or canned; roll in mixture of 2 tablespoons butter, melted, ⅔ teaspoon mustard, 2½ teaspoons Worcestershire sauce and a few drops Anchovy Sauce (page 391) or salt to taste. Mash roe well, spread on toast and place in hot oven (425° F.) about 5 minutes; garnish with thin slices of lemon. Approximate yield: 1 dozen portions.

CHICKEN LIVER HORS D'ŒUVRE

- | | |
|--------------------------------|-------------------------------------|
| 6 chicken livers | 2 tablespoons finely chopped olives |
| 2 tablespoons prepared mustard | 6 slices bacon, cut in halves |
| ¼ cup fine bread crumbs | |

Wash chicken livers and cut each in half; spread with mixture of mustard and olives. Wrap bacon around each piece, fasten with toothpicks and roll in crumbs. Bake in hot oven (425° F.) for 10 to 15 minutes. Yield: 1 dozen portions.



COCKTAIL APPETIZERS include the juices of many fruits and vegetables, as well as mixed fruits, vegetables, seafood and meats. With the exception of the juices, some of which may be served hot, cocktails are at their best chilled. When you are casting about for something new to serve, let your inventiveness go beyond tomato and fruit juices—the Darby and Joan of the cocktail clan. Cider mint, pomegranate, and spiced fruit juice cocktails offer a welcome change; beet juice is good, hot or cold, and cheers, by its ruby splendor, any meal it is allowed to introduce. Seafood cocktails, with the right sauce, have an epicurean appeal. And there are mixed fruit cocktails as gay as Orange Fruit Cocktail, or as down-to-earth as perfectly chilled Persian melon.

CRANBERRY JUICE COCKTAIL

2 cups cranberries

$\frac{1}{2}$ cup sugar

3 cups water

2 tablespoons lemon juice

Cook cranberries and water about 5 minutes, or until skins pop open; strain through cheesecloth. Boil juice and sugar 2 minutes, stirring until sugar is dissolved; add lemon juice and chill thoroughly. Serve in small glasses. Approximate yield: 6 servings.

FROSTED GRAPE JUICE COCKTAIL

Mix 2 cups grape juice and 3 tablespoons lemon juice, and chill thoroughly. Just before serving, frost cocktail glasses by dipping rims in 3 tablespoons lemon juice, then dipping immediately in sugar. Add 1 pint chilled ginger ale to chilled fruit juices and pour at once into prepared glasses. Approximate yield: 6 portions.

FROSTED CITRUS JUICE CUP

Mix 2 cups orange juice, 1 cup grapefruit juice and $1\frac{1}{2}$ tablespoons lemon juice, and chill thoroughly. Just before serving, frost cocktail glasses by dipping rims in 3 tablespoons orange juice, then dipping immediately in sugar. Add 1 pint chilled ginger ale to chilled fruit juices and pour at once into prepared glasses. Yield: 6 portions.

CITRUS JUICE COCKTAIL

Fill 12 glasses half full of crushed ice. Place mixture of 1 cup grapefruit juice, $\frac{1}{2}$ cup orange juice, 3 tablespoons lemon juice, $\frac{2}{3}$ cup Simple Syrup (page 631) and dash of salt in cocktail shaker, add $1\frac{1}{2}$ cups carbonated water and shake thoroughly. Pour into iced glasses, garnish each with sprig of fresh mint and $\frac{1}{4}$ teaspoon sherry jelly. Serve at once. Yield: 1 dozen portions.

SPICED FRUIT JUICE COCKTAIL

Mix 1 cup orange juice, $\frac{1}{2}$ cup pineapple juice, $\frac{1}{3}$ cup Simple Syrup (page 631), $\frac{2}{3}$ cup water, $\frac{1}{2}$ teaspoon grated lemon rind, $\frac{1}{2}$ teaspoon nutmeg, $\frac{1}{4}$ teaspoon cinnamon and 3 whole cloves. Chill for 3 hours. Strain, add $1\frac{1}{2}$ pints sweet cider and stir briskly. Serve in glasses with cracked ice. Approximate yield: 6 portions.

POMEGRANATE COCKTAIL

Remove seeds from 1 large pomegranate; boil seeds with 2 slices lemon and 3 cups water for 15 to 20 minutes, or until water has absorbed color and flavor from seeds. Then add $\frac{1}{2}$ cup sugar and continue boiling 5 minutes. Strain through several thicknesses of cheesecloth. Chill; add 1 tablespoon lemon juice and serve in glasses. Yield: 6 portions.

CIDER MINT COCKTAIL

Mix 2 cups sweet cider, $\frac{1}{2}$ cup pineapple juice and $\frac{1}{2}$ cup orange juice; strain and chill. Serve in cocktail glasses and garnish each with a sprig of mint. Approximate yield: 6 portions.

TOMATO JUICE

Add 1 finely chopped onion to 2 cups canned tomato juice and chill thoroughly. Strain and add 3 tablespoons lemon juice, 1 tablespoon sugar and dash each of salt and pepper. Yield: 4 portions.

TOMATO CUP

Heat to boiling point 2 cups canned tomato juice, $\frac{1}{2}$ cup sugar, 2 lemons, sliced, $\frac{1}{4}$ teaspoon cinnamon, $\frac{1}{8}$ teaspoon nutmeg and 6 whole cloves; strain and chill. Add $\frac{1}{2}$ cup lemon juice and 2 cups iced water. Serve, thoroughly chilled, in cocktail glasses with bits of candied ginger. Approximate yield: 6 portions.

BEET JUICE COCKTAIL

Mix 1 cup liquor from canned beets, $\frac{1}{3}$ cup lemon juice, $1\frac{1}{2}$ cups water, $\frac{1}{2}$ teaspoon salt and dash of cayenne; chill. Serve very cold in cocktail glasses. Approximate yield: 6 portions.

SAUERKRAUT JUICE

Season sauerkraut juice with lemon juice and chill thoroughly; serve in cocktail glasses, allowing $\frac{1}{4}$ cup per portion.

CLAM JUICE COCKTAIL

To 4 cups Clam Broth (page 192) add 3 tablespoons lemon juice, 3 tablespoons ketchup, $\frac{1}{4}$ teaspoon Worcestershire sauce, $\frac{1}{4}$ teaspoon salt and $\frac{1}{2}$ teaspoon celery salt; chill. Shake in cocktail shaker and serve; several drops tabasco sauce may be substituted for Worcestershire sauce. Approximate yield: 8 portions.

CLAM AND TOMATO COCKTAIL

Combine $1\frac{1}{2}$ cups each clam broth and tomato juice; season with salt and pepper, and chill thoroughly. Serve in cocktail glasses and garnish each with $\frac{1}{2}$ thin slice of lemon. Yield: 6 portions.

FRUIT CUP COCKTAILS

For fresh or canned fruit combination cocktails, use $\frac{1}{2}$ cup of mixture. Serve in cocktail glasses, sherbet glasses, glass bowls or orange cups.

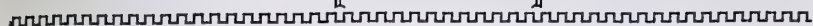
Grapefruit-Ginger Cocktail—Mix 2 cups each diced grapefruit and fresh pineapple, and 1 tablespoon each preserved ginger and ginger syrup. Decorate each glass with a green cherry.

Orange Fruit Cocktail—Mix sections of oranges, halved strawberries and white grapes; chill. Before serving, top with Hot Jelly Sauce (page 628).

Pineapple-Mint Cocktail—Mix wedges of fresh pineapple, cubes of mint jelly and thin slices of preserved kumquats and spiced crab apples with fruit juices, and chill thoroughly.

Cape Cod Cocktail—Mix 2 canned apricot halves, diced, 1 large banana, sliced, $\frac{2}{3}$ cup Cranberry Sauce (page 64). Chill and serve in sherbet glasses.

Peach Cocktail—Place 1 fresh or canned peach, peeled and diced, in each of 6 cocktail glasses; sprinkle with powdered sugar and pour mixture of $\frac{3}{4}$ cup grape juice, $\frac{1}{4}$ cup lemon juice and $\frac{3}{4}$ cup cracked ice over fruit. Garnish with mint leaves and serve at once.



TART AVOCADO COCKTAIL

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To 1 cup mayonnaise add $\frac{1}{3}$ cup orange juice, $1\frac{1}{2}$ tablespoons lemon juice, $\frac{1}{4}$ cup Cocktail Sauce (page 181), $\frac{1}{2}$ teaspoon minced onion and 1 hard-cooked egg, finely chopped. Season to taste with salt and few drops of tabasco sauce, if desired. Chill. Peel and cut 2 avocados in cubes or small balls; salt slightly and chill. Serve cubes in cocktail glasses and pour mayonnaise mixture over fruit. Yield: 6 portions.

AVOCADO-GRAPEFRUIT COCKTAIL

Peel and cut 2 small ripe avocados; mix with $1\frac{1}{2}$ cups drained, canned grapefruit, or sections from 1 large fresh grapefruit, cubed, and chill. Add $\frac{3}{4}$ teaspoon tomato ketchup, 1 teaspoon Worcestershire sauce and 1 teaspoon lemon juice to $\frac{3}{4}$ cup heavy cream, whipped; mix $\frac{1}{2}$ of sauce with fruit. Serve very cold in cocktail glasses and top with remainder sauce. Approximate yield: 6 portions.

MELON CUP COCKTAILS

As a cocktail, cantaloupe is splendid, either alone or in combination with other fruits. Shape fleshy part into balls, using a vegetable ball cutter, or cut in cubes. The following combinations will make about 6 portions each.

Melon-Mint Cocktail—Mix 3 cups cantaloupe cubes (about 2 small melons) with 24 after-dinner mints, broken; chill.

Cantaloupe Fruit Cup—Mix $1\frac{1}{2}$ cups each cantaloupe cubes and diced pineapple with $\frac{1}{3}$ cup pineapple juice and $1\frac{1}{2}$ tablespoons lemon juice. Serve in cocktail glasses; garnish with preserved green grapes.

Grape-Melon Cocktail—Mix 1 cup seedless grapes, 1 cup diced honeydew melon, cubed sections from 1 medium-sized orange, 2 tablespoons lemon juice and 1 tablespoon sugar; chill. Serve in sherbet glasses.

Raspberry-Melon Cup—Cover $1\frac{1}{2}$ cups fresh raspberries with 1 cup sugar and chill about 1 hour; then force through coarse sieve. Heap 3 cups chilled, diced watermelon in cocktail glasses and pour raspberry purée over melon.

Watermelon Cup—Sprinkle juice from 2 limes and 3 tablespoons chopped mint leaves over 3 cups watermelon cubes or balls; chill. Serve in sherbet glasses and garnish each with sprig of mint.

APPETIZERS [COCKTAILS]

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OYSTER OR CLAM COCKTAIL

Partly fill shallow glass bowl with finely shaved ice; put small glass containing a cocktail sauce in center. Arrange 6 chilled oysters or clams on the ice around glass; garnish with 3 small radish roses. Or use small or medium-sized oysters, or cherrystone or little neck hard-shelled clams, allowing 5 or 6 to each portion. Chill and place in cocktail glasses; cover with Cocktail Sauce (page 181).

OYSTERS OR CLAMS ON HALF SHELL

Use medium-sized or large oysters or hard-shelled clams, allowing 5 or 6 to each portion. See page 360 for directions for cleaning and opening shells. Serve on deeper halves of the shells and arrange on plate or shallow glass bowl filled with finely shaved ice. Place small glass with Cocktail Sauce (page 181) in center and garnish with 3 small radish roses or wedge-shaped pieces of lemon.

EPICUREAN OYSTER COCKTAIL

Thoroughly chill 30 oysters. Place 1 tablespoon minced celery in bottom of each of 6 chilled cocktail glasses and lay 5 oysters on top; top with Epicurean Cocktail Sauce (page 181) and garnish with a strip each of green pepper and pimiento. Yield: 6 portions.

CRAB COCKTAILS

Crabmeat Cocktail—Mix $1\frac{1}{2}$ cups flaked crabmeat with $\frac{1}{2}$ cup ketchup and $\frac{1}{3}$ cup finely minced, sour mustard pickles. Chill thoroughly and serve in cocktail glasses. Approximate yield: 6 portions.

Piquant Crab Cocktail—Mix $1\frac{1}{2}$ cups flaked crabmeat with Piquant Sauce (page 181). Approximate yield: 6 portions.

LOBSTER OR SHRIMP COCKTAIL

Cut cooked lobster in pieces; remove intestinal vein from shrimp and break in pieces, allowing about $\frac{1}{4}$ cup per portion. Chill thoroughly and serve in cocktail glasses with any cocktail sauce (page 181) or with highly seasoned mayonnaise.

SHRIMP-GRAPEFRUIT COCKTAIL

Use 1 can (No. 1) shrimp and sections from 1 medium-sized grapefruit; arrange in alternate layers in cocktail glasses. Top with $\frac{1}{4}$ cup mayonnaise seasoned with 4 drops tabasco sauce. Yield: 6 portions.

COCKTAIL SAUCES

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Celery Cocktail Relish—Mix $\frac{1}{2}$ cup ketchup, $\frac{1}{2}$ cup lemon juice, 1 tablespoon Worcestershire sauce, $\frac{1}{2}$ teaspoon tabasco sauce, 2 teaspoons horseradish, 6 tablespoons minced celery, 3 tablespoons grated onion and $\frac{1}{4}$ teaspoon salt. Chill thoroughly. Yield: $1\frac{1}{2}$ cups sauce.

Chili-Ketchup Sauce—Mix $\frac{1}{2}$ cup chili sauce, $\frac{1}{4}$ cup ketchup, few drops tabasco sauce, 1 tablespoon horseradish, $\frac{1}{2}$ tablespoon minced celery, 2 teaspoons minced green peppers, 2 teaspoons minced pimiento, $\frac{1}{2}$ teaspoon salt and dash of pepper; chill. Yield: 1 cup sauce.

Cocktail Dressing—Mix together 3 tablespoons lemon juice, 6 tablespoons ketchup, 1 tablespoon horseradish, 1 teaspoon Worcestershire sauce and 4 drops tabasco sauce; add salt and celery salt to taste. Chill well before serving with shellfish. Approximate yield: $\frac{2}{3}$ cup sauce.

Cocktail Sauce—Mix together 1 tablespoon lemon juice, $\frac{1}{4}$ cup ketchup, 2 teaspoons horseradish, 3 drops Worcestershire sauce and $\frac{1}{2}$ teaspoon salt; chill well. Approximate yield: $\frac{1}{3}$ cup sauce.

Cucumber Relish—Pare and grate 1 medium-sized cucumber; mix with $\frac{1}{2}$ cup chili sauce, 1 teaspoon onion juice, 3 tablespoons lemon juice, dash of pepper and tabasco sauce. Yield: $1\frac{3}{4}$ cups sauce.

Epicurean Cocktail Sauce—Mix 3 tablespoons lemon juice, 3 tablespoons ketchup, 1 tablespoon horseradish, 3 drops tabasco sauce, 1 teaspoon minced onion and $\frac{1}{2}$ teaspoon salt; chill thoroughly before using. Approximate yield: $\frac{1}{2}$ cup sauce, or enough for 6 cocktails.

Mayonnaise Cocktail Sauce—Combine 1 cup mayonnaise, 2 tablespoons ketchup, 2 tablespoons chili sauce, 1 tablespoon tarragon vinegar and 1 teaspoon lemon juice. Serve with chilled shrimp, crabmeat or lobster. Approximate yield: $1\frac{1}{4}$ cups sauce, or enough for 8 cocktails.

Piquant Sauce—Combine $\frac{1}{3}$ cup ketchup, 1 teaspoon onion juice, $\frac{1}{2}$ teaspoon tabasco sauce, $\frac{1}{2}$ teaspoon salt and $\frac{1}{8}$ teaspoon cayenne; chill thoroughly before serving with fish. Yield: $\frac{1}{3}$ cup sauce.

Tomato Cream Sauce—Fold $\frac{1}{4}$ cup heavy cream, whipped, into $\frac{1}{2}$ cup tomato sauce or condensed tomato soup and add $\frac{1}{2}$ teaspoon lemon juice; beat well just before serving. This is very good served on orange sections arranged in a cocktail glass. Yield: 1 cup sauce.

Soups

WHEN GOOD COOKS get together over a soup pot, there is no room for the old adage . . . "East is East and West is West and never the twain shall meet" . . . For West borrows from East in concocting delicious bouillons and consommés and North agrees with South on what shall constitute the perfect bouillabaisse or gumbo. Out of the international soup kettle have come recognized basic rules for preparing different types and kinds of soups.

KINDS OF SOUPS

SOUPS made with stock have meat, fish or vegetables as the base. Cream soups are made from a milk or cream sauce base and include all the vegetable cream soups as well as shellfish "stews," such as oyster stew, and bisques—thin soups usually made from fish stock and garnished with a spoonful of whipped cream. The chowder group have milk, or meat, fish, or vegetables for a base. Fine things can be accomplished with commercially canned soups by combining two varieties to discover new flavors or by using undiluted canned soups to point up the flavor of homemade soups. Bouillon cubes or beef extract, besides providing a quick soup for instant use, enrich the color and flavor of plain meat or vegetable stock. Canned chowders, thick soups of world renown, and jellied consommés are also available in most food markets.

SERVICE OF SOUPS

TO BE a social as well as culinary success, a soup must pair with the main course as surely as the right biscuit with sherry. In other words, serve a light soup with a substantial meal and a hearty soup with a meal that skimps on a stick-to-the-ribs kind

of food. Light soups include all the clear consommés and certain of the wine-flavored soups. Hearty soups are the chowder clan, thick gumbos, cream soups and purées. 183

Thin soups are correctly served in cups at luncheon or supper and in shallow rimmed soup plates at the formal dinner. Rimless soup plates—those versatile bowls that can be used for cereals and fruits as well as cream soups—are used, at luncheon or supper for cream soups, bisques and any substantial soup.

SOUPS WITH STOCK

SOUP STOCK is of two kinds—brown or white. Brown soup stock is made from the lean meat of beef, cracked bones and a small amount of fat. White soup stock is made from chicken or veal or both. A light fish stock is obtained from the fleshy portions and trimmings of fish or shellfish, while vegetable stock—from strained cooked vegetables—may be light or dark depending upon added ingredients.

Bouillon is a clear soup made from brown soup stock, having beef only as the principal meat ingredient.

Consommé, a clear soup, is made from brown soup stock, but has veal and chicken with beef to give it its meaty flavor.

Broth is the liquid resulting from meat simmered slowly in water and is not as highly clarified (cleared) or as delicately seasoned as either bouillon or consommé.

PREPARING SOUP STOCK

SHANK OF BEEF or knuckle of veal is an economical cut for soup. The meat is cut in small pieces to draw out the flavor and extractives, and the bones are cracked to loosen the marrow. Long, slow cooking is essential to form gelatin from the connective and cartilaginous tissue and to develop a rich, meaty flavor. Vegetables may be added at the beginning or during the last hour of cooking, depending upon the strength of flavor desired. If vegetables are to be served in the soup, they should be added in time to cook until done, but not mushy and strong.

- 184 *Removing Fat from Soup.* For clear broth or soup, strain through a fine sieve or cheesecloth; the meat and vegetable residue may be used in making croquettes or escalloped dishes. Skim off as much fat as possible from the stock with a shallow spoon, then gently float absorbent paper over the surface to remove flecks of fat. After the soup has cooled, skim off the hard layer of fat that forms on top.

To Clarify Soup. Combine egg white and the crushed shell of one egg with two tablespoons of cold water. Add this to the cold soup stock and heat slowly to boiling, stirring constantly. Remove from the heat, add one-fourth cup of cold water and let settle, then strain through two thicknesses of cheesecloth.

Vegetable soups may be made from vegetable water or soup stock. When vegetables are forced through a sieve, the liquid combined with the pulp forms a purée.

Cream soups have a thin white sauce base with cooked vegetable pulp, chopped meat or fish added; a small amount of stock combined with the milk improves the flavor.

SOUP GARNISHES

Clear Soups. Consommé or bouillon and similar clear soups may be garnished with a teaspoon of finely minced parsley, chives, julienned carrots, string beans or okra, finely diced, cooked carrots, little snips of puff paste, thin slices of cooked button mushrooms, rice, vermicelli, alphabet macaroni, tapioca, a thin sliver of lemon or small cubes of custard.

Purées and thick soups are garnished with thin strips of lemon, croutons, cooked vegetables and minced parsley.

Cream Soups. Color contrast is introduced by adding diced cooked vegetables, minced chives, parsley, paprika, pimiento and croutons. Bisques require nothing more than a spoonful of salted, whipped cream with a halo of paprika or finely minced parsley.

Soup accompaniments include melba toast, cheese straws, varieties of crisp crackers, toast and toast sticks.

BROWN SOUP STOCK (BOUILLON)

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4 pounds shin of beef	4 whole cloves
2½ quarts cold water	⅓ teaspoon peppercorns
¼ cup diced carrot	1 bay leaf
¼ cup diced celery	2 sprigs thyme
¼ cup diced onion	1 sprig marjoram
¼ cup diced turnip	2 sprigs parsley
	2 teaspoons salt

Use soup bone from hind or fore shank; wipe and cut lean beef in small cubes and crack marrowbone. Brown about ½ of meat in marrow from bone, or in 2 tablespoons fat; add with remaining meat and bone to cold water, heat slowly to boiling and boil 10 minutes. Skim thoroughly, cover and simmer 3 hours, removing the scum as it forms; add vegetables and seasonings, and cook 1 hour longer. Strain stock through fine sieve or several thicknesses of cheesecloth, and cool quickly; when cold, remove fat, heat and clear, if necessary (page 184). Brown soup stock served as clear soup is usually called bouillon. Use less seasonings for a more delicate stock, or vary seasonings and vegetables as desired. Yield: 2 quarts stock.

MODIFICATIONS OF BROWN SOUP STOCK

White Stock—Substitute 4 pounds knuckle of veal or veal scraps, or fowl (largely bones), or a combination of both, for beef. Add 1 leek, other vegetables and seasonings, as desired.

Lamb or Mutton Stock—Substitute 4 pounds lamb or mutton for beef; use bones and trimmings from leg, shoulder, neck or ribs.

Fish Stock—Substitute 4 pounds fish (haddock, bass, halibut or any other white fish) for beef. Fish bones, head, tail, fins and scraps may be used; omit browning of fish and reduce total cooking time to about 3 hours; if brown fish stock is desired, brown onion with 1 tablespoon sugar in 1 tablespoon fat. Fish stock is sometimes called Court Bouillon.

BEEF BROTH

Use 2 pounds lean beef (½ bone); discard fat, chop meat and crack bone. Add 1 quart cold water, bring slowly to a boil, skim and simmer, covered, about 4 hours, adding ½ teaspoon salt after 2 hours of cooking. Strain and clear as for clear soup (page 184); reheat over boiling water and serve in hot cups, or serve cold as a jelly. Approximate yield: 2 cups broth.

CHICKEN BROTH

Use 3- to 4-pound fowl; clean, remove skin and fat, and cut in pieces; cover with 2 quarts cold water and let stand about $\frac{1}{2}$ hour. Heat slowly to boiling point, skim and simmer, covered, 3 hours, or until tender, adding 1 teaspoon salt after 2 hours of cooking. Strain and clear as for clear soup (page 184); season to taste and serve hot. If desired, 2 tablespoons sago, tapioca, rice, or barley soaked overnight, may be cooked with broth. Meat cut from bones may be used in salad or creamed and used as shortcake. Yield: 1 quart broth.

MUTTON BROTH WITH BARLEY

Prepare broth or stock as directed on page 183, using 2 pounds breast of mutton, cut in pieces, 3 quarts cold water, 2 tablespoons pearl barley, soaked overnight in cold water, 3 tablespoons chopped celery, 1 cup sliced onions, 2 cups diced carrots, 1 teaspoon salt, $\frac{1}{2}$ teaspoon pepper and 1 bay leaf. Strain and skim fat. Yield: 2 quarts broth.

BEEF JUICE

Use only the best of inspected meat; have lean round steak cut 1 inch thick; remove fat and broil or pan-broil (page 220) about 3 minutes, or just enough to heat meat and start flow of juice. Remove meat, cut in small cubes and sprinkle with salt; press out all juice, using potato ricer, lemon squeezer or meat press. Serve cold, or heat carefully over warm water (150° F.) until lukewarm, stirring constantly to prevent overheating and coagulation of meat protein. Beef juice is rich in protein and minerals, especially iron and phosphorous; it is used chiefly under doctor's directions for infants and invalids. One pound beef yields 4 ounces or $\frac{1}{2}$ cup juice.

BEEF TEA

Use 1 pound lean round steak; remove all fat and cut in small pieces, or chop or grind. Place in fruit jar, add 2 cups cold water, cover and let stand $\frac{1}{2}$ to 1 hour to draw out juices. Then place jar on cloth or rack in pan of cold water and heat slowly until water reaches about 145° F.; then keep water at this temperature below boiling point for 2 hours; strain and season with $\frac{1}{2}$ teaspoon salt. To remove all traces of fat, dip pieces of absorbent paper or soft bread into top of broth and strain, or chill thoroughly and remove hardened fat. Reheat over hot water to 135° F. and serve in hot cups. Approximate yield: $1\frac{1}{2}$ cups broth.



MADRILÈNE

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2 cups chicken bouillon	1 cup chopped carrots
2 cups beef bouillon	1 medium-sized onion, chopped
2 cups canned tomatoes	½ cup chopped leeks
salt and pepper	

Bring bouillons and vegetables to a boil and simmer 1 hour, adding salt and pepper when partially cooked; strain, and clarify (page 184), if necessary. Approximate yield: 1½ pints consommé.

TURKEY BONE SOUP

bones of 1 turkey	1 teaspoon chopped onion
2 quarts cold water	1 sprig parsley
1 carrot, sliced	¼ bay leaf
1 stalk celery, chopped	3 peppercorns
½ teaspoon salt	

Place all ingredients in large kettle, bring to a boil and simmer, covered, two hours; strain. Approximate yield: 1½ quarts soup.

CLEAR TOMATO SOUP

¼ cup diced celery	½ teaspoon peppercorns
¼ cup diced carrot	3 whole cloves
¼ cup diced onion	⅛ teaspoon thyme
¼ cup diced, uncooked ham	1 small bay leaf
2 tablespoons fat	¾ teaspoon salt
2 sprigs parsley	¼ teaspoon pepper
4 cups canned tomatoes	1 quart meat stock (page 183)

Cook celery, carrots, onions and ham in fat for 5 minutes; add parsley, tomatoes, spices and seasonings, bring to a boil, cover and simmer 1 hour. Strain carefully; add hot meat stock. Approximate yield: 1½ quarts soup.

CONSOMMÉ

Use recipe for Brown Soup Stock (page 185); substitute 2 pounds lean beef, cut in 1-inch cubes, 1 pound marrowbone, cracked, and 2 pounds knuckle of veal, cut in pieces, for shin of beef. Sauté vegetables in 1 tablespoon butter until lightly browned before adding to stock; chicken stock or chicken bones may be added to soup kettle. Approximate yield: 2 quarts consommé.



MODIFICATIONS OF CONSOMMÉ

(Home-made or ready-to-use)

Consommé Bordeaux—Boil 3 cups consommé and $\frac{1}{4}$ -inch stick cinnamon about 5 minutes; add $\frac{2}{3}$ cup hot water and 1 cup claret, and pour mixture slowly over 1 well-beaten egg yolk. Fold in one stiffly beaten egg white and serve immediately in bouillon cups. Approximate yield: 6 portions.

Consommé Royale—Pour hot consommé into bouillon cups. Place fancy shapes or tiny dice of Custard Royale (page 212) in each portion.

Julienne Consommé—To 1 quart hot consommé add about 2 tablespoons each shredded and cooked carrots, celery, string beans and turnips, and 1 tablespoon minced onion or leeks. Yield: 6 portions.

Jellied Madrilène—To 3 cups Madrilène Consommé use 1 tablespoon gelatin. Soften gelatin in 2 tablespoons water about 5 minutes; add 1 cup hot soup and stir until gelatin is dissolved. Then add remaining 2 cups cold soup, season to taste and pour into bowl or bouillon cups; chill until firm or jellied. Approximate yield: 4 portions.

Two-toned Jellied Consommé—Prepare dark and light-colored jellied consommé mixtures; pour into shallow pans to make a 1-inch thick layer of each; chill in refrigerator until firm. Cut layers in 1-inch cubes and arrange light and dark cubes in bouillon cups. Approximate yield: 6 portions.

For dark jellied consommé, use recipe for Jellied Madrilène (above).

For light-colored jellied consommé, use 3 cups clam broth or a similar canned broth, dash of pepper, 2 tablespoons gelatin and $\frac{1}{4}$ cup cold water; prepare as for Jellied Madrilène.

SWEET PEPPER CONSOMMÉ

3 sweet peppers (red or green)	2 quarts boiling water
2 tomatoes, quartered	$\frac{3}{4}$ teaspoon salt
1 large onion, quartered	1 whole clove

Cut peppers in quarters and remove seeds. Place vegetables in soup kettle, add boiling water, salt and clove, and boil 10 minutes; then simmer, covered, $1\frac{1}{2}$ hours. Strain and add salt, if needed; serve hot. Approximate yield: $1\frac{1}{2}$ quarts soup.



QUICK BOUILLON OR CONSOMMÉ

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For quick stock, bouillon or consommé, use one of the following prepared soups or extracts: canned light soup directly from can; canned condensed soup diluted with an equal volume of water or milk; 1 to 2 bouillon cubes dissolved in 1 cup boiling water; 1 to 2 teaspoons beef extract dissolved in 1 cup boiling water.

MODIFICATIONS OF BOUILLON

(Home-made or ready-to-use)

Beef Claret Bouillon—Heat $2\frac{1}{2}$ cups beef bouillon to boiling point. Remove from heat and add $\frac{3}{4}$ cup claret wine. Serve in bouillon cups and garnish with chopped parsley. Yield: 6 portions.

Chilled Bouillon—Chill thoroughly $2\frac{1}{2}$ cups beef bouillon; add $1\frac{1}{2}$ tablespoons lemon juice and season with salt, if needed. Pour over ice cubes in cocktail glasses. Approximate yield: 6 portions.

Jellied Bouillon—To 3 cups bouillon use 1 tablespoon gelatin. Soften gelatin in $\frac{1}{4}$ cup cold bouillon 5 minutes; add 1 cup boiling hot soup and stir until gelatin is dissolved. Then add remaining cold soup, season to taste and pour into bowl; chill until firm or jellied. Arrange by spoonfuls irregularly, in bouillon cups. Approximate yield: 6 portions.

POT AU FEU

$2\frac{1}{2}$ pounds lean beef	4 stalks celery, diced
1 small soup bone, cracked	$2\frac{1}{2}$ cups diced potatoes
2 quarts water	2 cups diced turnips
1 slice liver, diced	2 tablespoons shredded parsley
$2\frac{1}{2}$ cups diced carrots	2 teaspoons salt
4 small white onions, sliced	pepper
	crisp toast

Wipe beef and cut in pieces, add with soup bone to water and bring slowly to a boil; skim thoroughly and simmer, covered, $4\frac{1}{2}$ hours. Add liver, vegetables and salt, bring to a boil and simmer, covered, $1\frac{1}{2}$ hours longer. Remove beef and bone; cut meat in small pieces and return to soup. Let stand until cold and fat hardens on top; remove fat and reheat soup; season with pepper and additional salt, if needed. This soup is thick and like a purée. Serve hot with squares of crisp toast; any appetizing vegetable in season may be added. Approximate yield: $2\frac{1}{2}$ quarts purée.

SOUPS [WITH STOCK]



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OXTAIL SOUP

1 oxtail	3 allspice berries
flour	$\frac{1}{3}$ cup diced celery
2 tablespoons fat	$\frac{1}{3}$ cup diced carrot
2 cups water	$\frac{1}{3}$ cup chopped leeks or onion
$\frac{1}{2}$ teaspoon salt	2 tablespoons chopped parsley
$\frac{1}{8}$ teaspoon black pepper	1 quart Brown Soup Stock (page 185)
$\frac{1}{8}$ teaspoon cayenne	$\frac{1}{2}$ teaspoon Worcestershire sauce

Wash oxtail and cut in small pieces; roll in flour and sauté in fat in deep saucepan. Add water and seasonings, and boil 10 minutes; remove scum, cover and simmer for 2 to 3 hours, or until tender. Drain, pick meat from bones and return meat to stock; add vegetables and brown soup stock, bring to a boil and simmer 20 minutes. Add Worcestershire sauce and serve very hot. Approximate yield: $1\frac{1}{2}$ quarts soup.

CHICKEN-NUT SOUP

1 quart chicken stock	salt and pepper
1 cup chopped celery	$\frac{1}{3}$ cup ground almonds or peanuts
1 egg, slightly beaten	$\frac{1}{2}$ cup heavy cream, whipped
1 tablespoon flour	paprika
1 cup milk	parsley, finely chopped

Bring stock and celery to a boil and cook, covered, 20 minutes. Mix together egg, flour and milk; gradually add hot stock, and cook 5 minutes, stirring constantly; season to taste with salt and pepper. Sprinkle nuts over each portion, top with whipped cream and sprinkle with paprika and parsley. Approximate yield: 6 portions.

CURRY SOUP

2 medium-sized onions, sliced	4 cups veal broth
2 tablespoons butter	salt
2 tablespoons flour	dash of cayenne
2 teaspoons curry powder	2 cups diced cooked veal

Sauté onions in butter until lightly browned; stir in flour and curry powder, then veal broth; cook 5 minutes, stirring until smooth and thickened. Season with salt and cayenne, and add veal. Approximate yield: 6 portions.



SCOTCH BROTH WITH RICE

191

Bring to a boil 1 shoulder lamb bone, 2 quarts cold water, $\frac{1}{2}$ onion, sliced, $\frac{1}{2}$ teaspoon salt and $\frac{1}{4}$ teaspoon pepper; skim, cover and cook slowly $2\frac{1}{2}$ hours; strain. Add 2 tablespoons rice and cook 10 minutes, then add $\frac{1}{2}$ cup finely diced carrots and cook 20 minutes longer. Just before serving, add $\frac{1}{4}$ cup finely minced lamb and sprinkle with finely chopped parsley. Approximate yield: $1\frac{1}{2}$ quarts broth.

SPRING VEGETABLE SOUP

4 young carrots, diced	1/4 pound spinach, chopped
3 stalks celery, diced	1/2 bunch parsley, chopped
1 tablespoon minced onion	6 young okra pods, sliced
2 quarts boiling water	1/2 teaspoon salt
	pepper

Add carrots, celery and onion to boiling water and cook, covered, 10 minutes; add remaining vegetables and salt, and cook 20 minutes longer; season with pepper and additional salt, if needed. 6 cups.

LIVER SOUP

1/2 pound calf's liver, chopped	1 teaspoon salt
1 cup chopped mushrooms	1 quart bouillon
2 teaspoons chopped parsley	1 tablespoon flour
3 tablespoons butter	1 cup light cream

Sauté liver, mushrooms and parsley in 2 tablespoons butter 5 minutes; add salt and bouillon, and simmer, covered, 20 minutes, or until tender. Brown flour in remaining 1 tablespoon butter and add small amount of soup mixture, stirring until smooth and thickened; then stir this into remainder of soup; add cream and cook over low heat 5 minutes longer, stirring occasionally. Approximate yield: 8 portions.

JAMAICA PUMPKIN SOUP

1/4 pound salt pork, minced	2 cups canned pumpkin
4 cups water	1 1/2 teaspoons salt
dash of thyme	dash of pepper
1 bay leaf	1 teaspoon curry powder

Cook pork in water with thyme and bay leaf about 30 minutes; add pumpkin, salt and pepper, and cook 15 to 20 minutes longer. Put through sieve, add curry powder, reheat and serve at once. Approximate yield: 4 portions.

BLACK BEAN SOUP

1 cup black beans	1/8 teaspoon celery salt
1 quart cold water	1/8 teaspoon dry mustard
1/2 onion, sliced	dash of cayenne
1 stalk celery, diced	2 teaspoons flour
2 tablespoons butter	1 hard-cooked egg, sliced
1/4 teaspoon salt	1 lemon, sliced

Soak beans overnight in water to cover; drain and add cold water. Sauté onion and celery in 1 tablespoon butter until lightly browned; add to beans, bring to a boil and simmer, covered, 3 hours, or until beans are soft, adding more water as it boils away. Rub through sieve; reheat and add well-mixed seasonings. Melt remaining 1 tablespoon butter and stir in flour; gradually add strained soup mixture and cook 3 minutes, stirring constantly until smooth and thickened. Turn into serving dishes and garnish with thin slices of egg and lemon. From 1 to 2 tablespoons sherry may be added just before serving. Approximate yield: 4 portions.

CORN AND CHICKEN SOUP

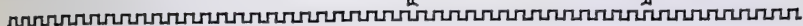
1 cup canned corn	2 cups hot milk
1/2 cup minced celery	2 egg yolks, slightly beaten
1 cup minced cold chicken	2 tablespoons butter
4 cups chicken stock	salt and pepper

croutons

Heat corn and force through coarse sieve; add pulp, celery and chicken to stock, bring to a boil and simmer, covered, 15 minutes. Gradually stir hot milk into egg yolks; add to soup mixture and cook 2 minutes, stirring constantly; add butter and season to taste with salt and pepper. Serve with croutons. Yield: 8 portions.

CLAM BROTH

Scrub 1 quart clams in shells and wash in several waters until free from sand; place in large kettle. Add 2 cups water, cover tightly and cook slowly over low heat about 20 minutes, or until shells open; then remove from broth and serve clams hot on the half shell, or remove from shells and use as desired. When liquor has settled, strain carefully through cheesecloth; add water or milk to make 1 quart broth, season with paprika or celery salt and heat. Serve hot or cold with or without whipped cream and dash of paprika, with crisp water wafers or crackers. Approximate yield: 6 portions.



CREAM OF VEGETABLE SOUP

193

3 to 4 cups Thin White Sauce
(page 91)

2 cups vegetable pulp and liquid
salt, pepper and paprika

Dice or slice vegetables and cook until soft in just enough boiling salted water to cover, using $\frac{1}{2}$ teaspoon salt to 1 quart water; force through sieve. Add to white sauce, heat thoroughly and season to taste; beat with rotary beater before serving. Sprinkle with paprika or serve with whipped cream, grated cheese, chopped parsley or croutons as desired. Approximate yield: 6 portions.

MODIFICATIONS OF CREAM OF VEGETABLE SOUP

Cream of Carrot Soup—Use 2 cups cooked carrot pulp and liquid, and 4 cups thin white sauce.

Cream of Celery Soup—Use 2 cups finely diced celery and 1 slice onion. If cooked in 1 cup milk, cook over boiling water; remove onion. It is not necessary to force celery through sieve unless coarse large pieces are used. Add celery and liquid to 3 cups thin white sauce. Season with celery salt.

Cream of Corn Soup—Use $2\frac{1}{2}$ cups (No. 2 can) corn and 1 slice onion; cook in 2 cups milk over boiling water. Remove onion and force through sieve. Add pulp and liquid to 3 cups thin white sauce. Serve with popped corn, if desired.

Cream of Onion Soup—Use 5 medium-sized white onions or 18 green onions. Cut white onions in slices and cook in water to cover until soft; force through sieve and add with 1 cup milk to 3 cups thin white sauce. Add 2 tablespoons grated cheese and stir until melted and smooth. If green onions are used, remove outside skins, cook and force through sieve; cook onion hearts separately and add to soup.

Cream of Spinach Soup—Use 1 pound spinach or $1\frac{1}{2}$ cups cooked spinach; chop and force cooked spinach through sieve. Add with 1 teaspoon scraped onion and 1 cup stock or milk to 3 cups thin white sauce. Stir into 1 beaten egg yolk and heat 2 minutes. Season with dash of nutmeg.

Cream of Pea Soup—Use $2\frac{1}{2}$ cups (No. 2 can) marrow fat or telephone peas; add $\frac{1}{2}$ teaspoon scraped onion and cook in liquor from can about 10 minutes. Force through sieve and add with 1 cup milk or stock to 3 cups thin white sauce. Beat well with rotary beater before serving.

SOUPS [CREAM SOUPS]

194

CREAM OF CHICKEN SOUP

Use recipe for Cream of Vegetable Soup (page 193); substitute 1 to 1½ cups minced chicken for vegetable pulp and 1 to 2 cups chicken stock for an equal amount of milk in thin white sauce. Approximate yield: 6 portions.

ALSATIAN CHICKEN SOUP

Prepare Cream of Chicken Soup (above) and serve with Alsatian Dumplings, preparing ½ recipe (page 211). Yield: 6 portions.

CREAM OF CRAB SOUP

1 can (1 lb.) crabmeat	⅛ teaspoon allspice
3 hard-cooked eggs	1½ quarts milk, scalded
2 teaspoons salt	1 tablespoon butter
1 teaspoon dry mustard	2 small lemons, sliced thin
	toasted crackers

Chop crabmeat and eggs, and stir in seasoning; add to hot milk and cook over boiling water or low heat 10 minutes; add butter. Place lemon slices in hot tureen, pour soup over slices and serve with toasted crackers. Approximate yield: 10 portions.

CREAM OF TOMATO SOUP

3 cups canned or stewed tomatoes	3 cups Thin White Sauce (page 91)
1 slice onion, minced	salt and pepper
	paprika

Cook tomatoes and onion 10 minutes; force through sieve and reheat. Just before serving, stir hot tomato pulp and juice gradually into hot white sauce, season to taste and serve at once. If soup curdles, beat with rotary beater until smooth. Approximate yield: 6 portions.

CREAM OF MUSHROOM SOUP

¼ pound mushrooms, or stems from	2 tablespoons flour
½ pound	1 quart milk, scalded
¼ cup butter	salt and pepper
	cayenne

Wash and chop mushrooms; sauté in butter in heavy pan 5 minutes. Stir in flour; add milk gradually and cook 5 minutes, stirring until mixture thickens; add seasonings and strain, if desired. Approximate yield: 6 portions.

CREAM OF GREEN BEAN SOUP

195

2 cups finely cut string beans	dash of cayenne
1 tablespoon minced onion	2 tablespoons flour
3 tablespoons butter	2 cups boiling water
1 teaspoon salt	2 cups (14½ oz.-can) evaporated milk
dash of pepper	¼ cup grated American cheese

Add beans and onion to butter and season; simmer, covered, about 20 minutes, or until soft, stirring occasionally. Stir flour into vegetables, gradually add water and cook 5 minutes, stirring constantly until thickened and smooth; add evaporated milk and heat thoroughly. Sprinkle grated cheese over portions. Approximate yield: 6 portions.

POTATO SOUP

8 medium-sized potatoes	3 cups potato water
2 medium-sized onions, minced	1 egg, slightly beaten
2 tablespoons butter	1 cup heavy cream
2 teaspoons salt	⅛ teaspoon nutmeg
¼ teaspoon pepper	chopped parsley

Peel and dice potatoes and cook in water to cover until tender; drain and reserve 3 cups of the liquid; force potatoes through ricer or sieve. Sauté onions in butter until lightly browned; season with salt and pepper. Add with riced potatoes to reserved potato water; then add egg, cream and nutmeg mixture, and heat 3 minutes, stirring constantly. Serve hot garnished with chopped parsley. Approximate yield: 6 large portions.

LEEK AND POTATO SOUP

1 cup sliced leeks	½ small onion, grated
2 tablespoons bacon drippings	1 stalk celery, chopped
1 quart cold water	2 tablespoons chopped parsley
1 bay leaf	½ teaspoon salt
2 tablespoons ketchup or chili sauce	dash of paprika
2 medium-sized potatoes, diced	1 cup Thin Cream Sauce (page 91)

croutons

Cook leeks in drippings, without browning, about 5 minutes; add water, bay leaf and ketchup, and simmer, covered, 20 minutes. Add remaining vegetables, salt and paprika; bring to a boil and cook until potatoes are soft. Add cream sauce or rich white sauce and heat thoroughly. Serve with croutons. Yield: 4 portions.

CREAM OF ALMOND SOUP

½ cup (4 oz.) almonds	¼ cup flour
1 tablespoon water	1 quart strong veal broth
1 cup top milk	⅛ teaspoon salt
1 cup light cream	⅛ teaspoon pepper
rind of 1 lemon	dash of cayenne
¼ cup butter	½ teaspoon mace

Grind almonds and pound to a paste, adding water to prevent them from getting oily; scald milk and cream with lemon rind, cut off thinly in one long strip. Melt butter and stir in flour; gradually stir in broth and cook 5 minutes, stirring until smooth and thickened. Add milk and cream, seasonings and nut paste, and cook over boiling water 15 minutes, removing lemon rind when soup is flavored. Approximate yield: 6 portions.

SALMON BISQUE

Prepare 4 cups Thin White Sauce (page 91), sautéing 1 small onion, minced, in butter for 5 minutes; add 1 cup canned or cooked salmon, rubbed through a fine sieve, and ¼ cup cooked peas, and heat thoroughly. Top servings with ¼ cup heavy cream, whipped and flavored with 1 teaspoon minced red sweet pepper. Yield: 6 portions.

MODIFICATIONS OF SALMON BISQUE

Fish Bisque—Substitute codfish or haddock for salmon; cook 1 to 1½ pounds fish with ½ cup each carrots and celery, 1 slice onion and water to cover. Drain and rub through sieve, removing skin and bones from fish; use stock for part of milk in white sauce and omit peas.

Mushroom and Clam Bisque—Substitute ½ pound mushrooms, finely chopped and sautéed in 3 tablespoons butter, for salmon; use 2 cups clam broth for 2 cups milk in preparing white sauce; flavor with dash of nutmeg and top each serving with whipped cream.

Tomato Bisque—Cook 2 cups canned tomatoes, ¼ cup rice, 2 cups water and 2 teaspoons concentrated beef extract about 20 minutes, or until rice is soft; rub through sieve. Prepare 2 cups thin white sauce (page 91), sautéing 1 small minced onion in the butter 5 minutes. Add tomato mixture and serve at once.

LOBSTER BISQUE

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1 large (2½ lb.) lobster, boiled	6 tablespoons butter
2 cups cold water	¼ cup flour
1 quart milk	1 teaspoon salt
	paprika

Remove meat from shell and cut in cubes; break body and claws, cover with cold water, bring slowly to a boil and simmer ½ hour; drain, add stock to milk and scald. Melt ¼ cup butter and stir in flour; gradually stir in hot liquid and cook 5 minutes, stirring until smooth and thickened. Add seasonings and lobster meat, and heat thoroughly. Serve with remaining 2 tablespoons butter, placing 1 teaspoon in each dish. Approximate yield: 6 portions.

BISQUE OF SHRIMP BRETONNE

2 pounds raw shrimps	salt and cayenne
¼ cup chopped mushrooms	2 cups chicken or veal stock
2 tablespoons chopped onion	1 cup light cream
2 tablespoons chopped celery	1 cup white wine (Rhine wine or
1 tablespoon chopped carrot	Sauternes)
3 tablespoons butter	

Clean shrimps and chop fine; cook with vegetables in butter over low heat for 2 minutes; add seasonings and stock, and boil about 20 minutes, or until tender and soft; force through sieve. Add cream and wine to purée and heat almost to boiling point; serve immediately. Approximate yield: 8 portions.

OYSTER STEW

1 pint oysters	¼ teaspoon Worcestershire sauce
3 tablespoons butter	1 quart milk, scalded
½ teaspoon salt	paprika
dash of pepper	crackers or oysterettes

Pick over oysters, remove bits of shell, drain and reserve liquor; add oysters to melted butter, season with salt, pepper and Worcestershire sauce, and cook until oysters are plump and edges begin to curl. Add hot milk and oyster liquor, and heat to boiling point. Sprinkle with paprika and serve at once with crackers. Approximate yield: 4 portions.

CREAM OF OYSTER SOUP

1 pint oysters	salt and cayenne
4 cups Thin White Sauce (page 91)	chopped parsley

Pick over oysters, remove bits of shell and cook in own liquor until plump and edges curl; add to white sauce and season to taste with salt and cayenne. Serve at once, sprinkling parsley on each serving. Flavor with $\frac{1}{8}$ teaspoon each nutmeg and mace, if desired. Approximate yield: 4 portions.

OYSTER SOUP SUPREME

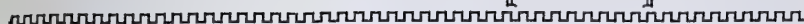
1 pint oysters	1 sprig of parsley, chopped
3 cups hot water	$\frac{1}{4}$ cup rice
$\frac{1}{4}$ bay leaf	salt and paprika
1 whole clove	dash of mace
1 slice onion, chopped	1 cup milk
1 stalk celery, chopped	$\frac{1}{2}$ cup light cream
1 egg yolk, slightly beaten	

Pick over oysters, remove bits of shell and heat in own liquor until edges curl; strain and reserve liquor, and chop oysters. Bring oyster liquor, water, herbs, vegetables and rice to a boil, and simmer, covered, about 40 minutes; strain. Season with salt, paprika and mace, add mixture of milk, cream and egg yolk, and chopped oysters, and cook 2 minutes, stirring constantly. Serve at once. Approximate yield: 4 portions.

SPINACH PURÉE

$\frac{1}{2}$ pound spinach	1 bay leaf
salt	3 tablespoons butter
2 cups milk	3 tablespoons flour
2 slices onion	paprika
2 sprigs parsley	$\frac{1}{4}$ cup light cream

Wash spinach, add $\frac{1}{4}$ teaspoon salt and cook, covered, over low heat about 10 minutes, stirring occasionally to prevent burning; chop very fine or force through sieve. Scald milk with onion, parsley and bay leaf; strain. Make roux of butter and flour, add to hot milk and cook 5 minutes, stirring until smooth. Add spinach, season to taste, reheat and add cream. Approximate yield: 6 portions.



CARROT PURÉE

199

2 large carrots, sliced	3 cups beef stock or bouillon
1½ cups boiling water	¼ cup rice
salt and pepper	

Cook carrots in boiling water until soft, drain and reserve stock; force carrots through sieve. Heat carrot and beef stock to boiling, add rice and cook slowly 20 minutes, or until rice is soft. Add carrot purée, season to taste and simmer 5 minutes longer. Approximate yield: 6 portions.

ONION PURÉE

3 medium-sized onions, minced	2½ cups bouillon
2 tablespoons fat	1 tablespoon beef extract
1 tablespoon flour	1 tablespoon prepared mustard
salt and pepper	

Sauté onions in fat 5 minutes; stir in flour, add bouillon gradually and cook slowly 5 minutes, stirring until smooth. Add beef extract and mustard, and season with salt and pepper. Yield: 6 portions.

SPLIT PEA SOUP

1 pound dried split peas	1 carrot, sliced
3 quarts cold water	1 stalk celery, chopped
1 large onion	1 ham bone
salt and pepper	

Wash peas and soak 3 hours. Drain, add cold water, vegetables and ham bone and cook about 3 hours or until mixture is thick. Force through a coarse sieve and season to taste with salt and pepper. Dilute as desired with milk or cream. Serve with toast. Approximate yield: 6 portions.

PEA SOUP ST. GERMAINE

1 smoked ham bone, or ¼ pound ham	½ teaspoon salt
3 cups water	⅛ teaspoon pepper
4 cups shelled peas	1 teaspoon sugar
3 small carrots, sliced	1 quart milk
2 small onions, chopped	2 tablespoons butter

Heat ham bone and water to boiling point, and simmer 1 hour; add vegetables and seasonings, bring to a boil and simmer ½ hour longer. Remove bone and force vegetables through sieve; add milk and butter, bring to a boil and serve. Approximate yield: 8 portions.

MANHATTAN CLAM CHOWDER

2 white onions, minced	2 teaspoons salt
½ clove garlic, minced	1 pint fresh clams, minced, or 1 can (No. 1) minced clams
¼ cup chopped celery	1½ cups tomato juice
2 tablespoons minced green pepper	dash of cayenne
2 tablespoons butter	dash of sage
2 large potatoes, diced	¼ teaspoon thyme
2½ cups boiling water	
4 pilot or hard crackers	

Sauté onions, garlic, celery and green pepper in butter in large saucepan about 4 minutes; add potatoes, boiling water and salt, and boil until potatoes are soft. Heat fresh clams and clam liquor to boiling point, add with tomato juice, cayenne, sage and thyme to soup mixture, and again bring to a boil. Pour chowder over plain or crumbled crackers in serving bowls. Approximate yield: 4 portions.

NEW ENGLAND CLAM CHOWDER

½ pound salt pork, chopped	½ teaspoon pepper
3 small onions, minced	1 quart fresh clams, minced, or 2 cans (No. 1) minced clams
3 cups boiling water	3 cups milk, scalded
3 cups diced potatoes	6 pilot or hard crackers
2 teaspoons salt	

Try out salt pork in large saucepan; add onions and sauté until browned; add boiling water, potatoes and seasonings, and boil about 15 minutes, or until potatoes are soft. Heat fresh clams and clam liquor to boiling point, add with milk to soup mixture and again bring to a boil. Pour chowder over plain or crumbled crackers in serving bowls. Approximate yield: 6 portions.

MODIFICATIONS OF NEW ENGLAND CLAM CHOWDER

New England Fish Chowder—Substitute 2¼ pounds cod, haddock, pickerel or whitefish for clams. Cover with salted cold water, bring slowly to a boil and simmer, covered, 10 minutes; drain, reserving stock; remove fish from skin and bones, and flake. Substitute fish stock for part of boiling water and cook fish with potatoes.

Crab Chowder—Substitute 3 tablespoons fat for salt pork and 3 cups flaked crabmeat for clams. Thicken, if desired, with 1½ tablespoons flour mixed with 1½ tablespoons butter; cook 5 minutes; season.

Oyster Chowder—Substitute 1 quart oysters for clams and use 4 cups diced potatoes; add oysters to boiling hot soup mixture and cook until edges curl. 201

FISH CHOWDER

2 pounds haddock or cod	1 quart milk, scalded
1½-inch cube fat salt pork	1 cup light cream, scalded
1 medium-sized onion, chopped	1 tablespoon salt
4 cups diced potatoes	⅛ teaspoon pepper
2 cups boiling water	6 crackers, split
2 tablespoons butter	

Wash fish, cover with salted cold water, bring slowly to a boil and simmer, covered, 5 minutes; drain, reserving stock, and remove skin and bones from fish. Cut salt pork in small pieces and try out in large kettle; remove cracklings to absorbent paper. Sauté onions in pork drippings, add potatoes and boiling water, and boil about 5 minutes; then add fish and stock, bring to a boil and simmer about 15 minutes. Add milk, cream and seasonings, and heat thoroughly; then add crackers and butter, sprinkle cracklings over chowder and serve at once. Approximate yield: 6 portions.

KENNEBUNK LOBSTER CHOWDER

1 small (1½ lb.) lobster, boiled	5 tablespoons butter
1 cup cold water	lobster liver
3 cups milk	2 crackers, crumbled fine
1 cup light cream	1 teaspoon salt
2 slices onion	¼ teaspoon paprika
½ clove garlic	1 tablespoon minced parsley
1 teaspoon Worcestershire sauce	

Remove lobster meat from shell and cut in cubes; cover shell with cold water and simmer 10 minutes; strain and reserve stock. Scald milk and cream with onion and garlic; then strain. Cream butter and mix well with liver and cracker crumbs; add scalded milk and cream gradually, stirring until smooth; add lobster and stock, salt, paprika, parsley and Worcestershire sauce; heat thoroughly. Approximate yield: 4 portions.

SOUPS [CHOWDERS]

202

CORN-CRABMEAT CHOWDER

½ small onion, chopped	dash of pepper
2 tablespoons minced green pepper	dash of paprika
2 tablespoons fat	1½ cups boiling water
½ cup diced raw potatoes	1½ cups canned corn
½ teaspoon salt	½ cup flaked crabmeat
	1½ cups milk

Sauté onion and green pepper in fat in large saucepan 5 minutes, then add potatoes, seasonings and boiling water, and boil until potatoes are soft. Add corn, crabmeat and milk, bring to a boil and serve at once. Approximate yield: 6 portions.

VEGETABLE CHOWDER

2 cups canned or raw corn	2½ cups cold water
2 cups chopped celery	¼ cup butter
½ green pepper, cut in fine strips	3 tablespoons flour
1 onion, thinly sliced	2 cups milk, scalded
1 cup canned or raw tomatoes	½ cup grated cheese
1 tablespoon salt	½ cup chopped pimiento
⅛ teaspoon pepper	¼ teaspoon paprika

Place corn, celery, green pepper, onion, tomatoes, salt and pepper in kettle; add cold water, bring to a boil and simmer ½ hour. Melt butter and stir in flour; gradually add milk and cook 5 minutes, stirring constantly until smooth and thickened; add to vegetable mixture. Add cheese, pimiento and paprika, stirring until cheese is melted. Approximate yield: 6 portions.

CARROT-POTATO CHOWDER

1 white onion, minced	1 teaspoon salt
¼ cup butter	¼ teaspoon paprika
2 cups diced raw potatoes	2 carrots, diced and cooked
2 cups boiling water	2 cups milk, scalded
	1 tablespoon flour

Sauté onions in 2 tablespoons butter in large saucepan until lightly browned, add potatoes, boiling water, salt and paprika, and boil about 15 minutes, or until potatoes are soft. Add carrots, milk and flour mixed with remaining 2 tablespoons butter, and cook 5 minutes, stirring until smooth and thickened. Approximate yield: 6 portions.



CORN CHOWDER

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1 ounce salt pork, diced	1 quart milk
6 tablespoons chopped onions	$\frac{3}{4}$ cup mashed potatoes
$1\frac{1}{2}$ cups (No. 1 can) corn	salt and pepper
2 cups boiling water	6 crackers

Try out salt pork; remove cracklings and sauté onions in drippings. Add corn and water, and cook 10 minutes. Then add milk, potatoes, pork and onions, and heat thoroughly. Season to taste. Pour over crisp crackers and sprinkle cracklings over top, or add crumbled crackers to chowder just before serving. Approximate yield: 6 portions.

PHILADELPHIA PEPPERPOT

$\frac{3}{4}$ pound fresh tripe, finely cubed	3 medium-sized beets, chopped
2 pounds knuckle of veal	3 tablespoons butter
3 quarts cold water	$1\frac{1}{2}$ teaspoons salt
3 green peppers, chopped	$\frac{1}{3}$ cup rice
3 medium-sized onions, chopped	$1\frac{1}{2}$ cups canned tomatoes

Heat slowly tripe, knuckle of veal and water to boiling point, and boil 10 minutes; skim thoroughly, cover and simmer 3 hours. Sauté vegetables in butter until lightly browned and add salt; add with washed rice to soup mixture and simmer, covered, 30 minutes; add tomatoes and cook 10 minutes longer. Remove bone and cool; skim and re-heat before serving. Approximate yield: 8 portions.

CHICKEN GUMBO

1 small (3 lb.) fowl	1 tablespoon salt
1 pound beef (shoulder, chuck or brisket)	2 dozen (1 pt.) oysters
$\frac{1}{4}$ cup fat	pepper
1 small onion, sliced	$\frac{1}{2}$ teaspoon filé, or $1\frac{1}{2}$ teaspoons
$1\frac{1}{2}$ quarts boiling water	sassafras leaves

Clean chicken and cut in pieces; cut beef in small pieces; sauté in fat in large heavy kettle until browned, adding onion the last 10 minutes of cooking. Add water, bring to a boil, cover and simmer for 2 to 4 hours, or until meat is tender, adding salt when half done. Cut chicken from bones and return it to soup stock; add oysters with their liquor and cook until edges of oysters curl. Add additional salt, if needed, and pepper to taste; stir in filé and serve at once in hot soup bowls. Approximate yield: 6 portions.

NEW ORLEANS GUMBO

12 hard-shell crabs, or 2 cups crab-meat	1 bay leaf
3 tablespoons butter	1 sprig thyme
1 medium-sized onion, minced	2 cups oyster liquor
6 large tomatoes, peeled	1½ quarts water
1 quart okra, sliced	1 tablespoon filé, or 3 tablespoons sassafras leaves
	cooked rice

Clean and remove meat from crabs as directed (page 349); leave meat from claws whole; sauté in hot butter in large heavy saucepan about 10 minutes, add onion and cook until lightly browned. Add vegetables and herbs, and cook 10 minutes, stirring frequently; add oyster liquor and water, bring to a boil and simmer about ½ hour, stirring occasionally. When ready to serve, add filé. Serve in large soup plates with rice. Approximate yield: 8 portions.

BOUILLABAISSE

1½ pounds fish	1 bay leaf
1 small lobster, or 1 cup cooked lobster, crab or shrimp meat	1 pinch saffron
1 large onion, sliced	2 teaspoons salt
1 leek, sliced	¼ teaspoon black pepper
2 cloves garlic, crushed	1 small strip orange peel
½ cup olive oil	1 quart boiling water
2 tomatoes, chopped	1 cup white wine
	6 slices French bread or toast
	1 tablespoon chopped parsley

Use several kinds of fish such as haddock, whiting, bass, flounder or eel; clean and cut in 2-inch lengths. If small fresh lobster is used, cook in boiling water (page 354), remove from shell, reserving red claws, cracked, for garnish. Cook onion, leek and garlic in olive oil about 10 minutes; add fish, tomatoes, bay leaf, saffron, salt, pepper, orange peel and water, and boil 10 minutes; then add lobster and wine, and cook 5 minutes longer. Arrange fish in hot dish; strain liquid into hot soup plates over pieces of bread, crisped; garnish with pieces of lobster in shell and sprinkle with parsley. Serve fish in separate dish with soup, or serve it on the bread in the soup plates. Soup may also be served, unstrained, as chowder on pieces of toast. Approximate yield: 6 portions.

CHICKEN CORDIALE

6 cups canned chicken broth	$\frac{1}{2}$ teaspoon salt
6 eggs	$\frac{1}{4}$ teaspoon pepper
5 tablespoons lemon juice	2 tablespoons sherry

Strain chicken broth if it contains rice; bring to a boil over low flame. Beat eggs thoroughly, add lemon juice, salt and pepper, and continue to beat until mixture is light and frothy; gradually beat in boiling broth and add sherry. Pour into thin china bowls and serve at once. This soup is equally delicious when chilled. Approximate yield: 6 portions.

WHITE WINE SOUP

3 eggs, separated	2 cups hot water
1 tablespoon cake flour	2 slices lemon
5 tablespoons sugar	$\frac{1}{2}$ bottle (1 pt.) white wine,
dash of salt	(Rhine wine or Sauternes)
dash of mace	zwieback

Beat egg yolks slightly and stir in flour, $\frac{1}{4}$ cup sugar and seasonings; gradually stir in hot water, add lemon and cook about 2 minutes, stirring constantly; add wine and heat to boiling point but do not boil. Pour soup into hot tureen and drop stiffly beaten egg whites mixed with remaining 1 tablespoon sugar, by spoonfuls into hot soup; cover tureen immediately so that the steam will set the whites. Serve hot with zwieback, ladyfingers or sugared croutons. Yield: 6 portions.

For a frothy wine soup, stir 2 teaspoons flour into the slightly frothy whole eggs, then beat into hot soup mixture, beating with wire whisk until frothy and foamy; do not boil soup after adding eggs.

OXTAIL CLARET SOUP

1 can (No. 1) condensed oxtail soup	rind of 1 lemon
1 cup water	$\frac{1}{2}$ teaspoon onion juice
$\frac{1}{8}$ teaspoon salt	$\frac{1}{2}$ cup claret
dash of cayenne	chopped parsley

Heat to boiling point soup, water, seasonings, lemon rind, cut off thinly in one long strip, and onion juice, and simmer 5 minutes; remove rind, add claret and parsley, and heat thoroughly. Approximate yield: 4 portions.

FROSTED SHERRY SOUP

1½ cups water	2 cups pineapple juice
½ cup sugar	1½ teaspoons grated lemon rind
1 stick (2-inch) cinnamon	3 tablespoons quick-cooking tapioca
2 cups grape juice	1 cup fresh raspberries
	½ cup sherry

Heat water, sugar and cinnamon to boiling point, and simmer 5 minutes; add fruit juices and lemon rind, and bring to a boil. Gradually stir in tapioca and bring to a brisk boil, stirring constantly; then simmer over low heat or boiling water for 5 minutes, stirring occasionally. Cool slightly, stir in raspberries and chill thoroughly; add sherry just before serving. Approximate yield: 6 portions.

ICED BEER SOUP

¾ cup pumpernickel crumbs	2 teaspoons lemon juice
2 teaspoons sugar	1½ cups cold water
⅛ teaspoon cinnamon	1½ cups white wine
¾ teaspoon grated lemon rind	3 cups beer

Combine ingredients by shaking vigorously in a cocktail shaker; set in refrigerator to chill thoroughly. Shake again just before serving. Approximate yield: 6 portions.

CRANBERRY BORSCH

⅔ cup cranberries	1 cup canned small beets
1½ quarts water	salt
1 large onion, sliced	1 tablespoon sugar
1 cup chopped cabbage	¾ cup sour cream
½ cup beet liquor	3 hard-cooked eggs

Boil cranberries in water about 10 minutes, or until skins have popped; force through sieve. Add onion and cabbage, and boil about 20 minutes, or until soft. Add beet liquor and beets, cut in strips julienne style; season with salt and sugar, and pour into hot soup plates; add 2 tablespoons sour cream and half an egg, sliced, to each plate. If served cold, chill thoroughly before serving. Yield: 6 portions.



JELLIED TOMATO BOUILLON

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6 fresh tomatoes, sliced	1 $\frac{3}{4}$ cups water
1 onion, sliced	$\frac{1}{2}$ teaspoon salt
2 stalks celery, chopped	1 teaspoon sugar
$\frac{1}{4}$ green pepper, chopped	4 whole cloves
1 tablespoon chopped parsley	1 bay leaf
1 tablespoon gelatin	

Bring to a boil vegetables, 1 $\frac{1}{2}$ cups water and seasonings, and simmer, covered, 20 minutes; strain. Soften gelatin in remaining $\frac{1}{4}$ cup cold water; add to hot tomato liquid, stirring until dissolved, and chill until firm. Arrange by spoonfuls in bouillon cups. If desired, use 2 cups stewed tomatoes and reduce water to $\frac{1}{4}$ cup. Approximate yield: 6 portions.

COLD BUTTERMILK SOUP

$\frac{1}{2}$ pound shrimps, cooked and chopped	1 tablespoon minced fresh dill
$\frac{1}{2}$ medium-sized cucumber, finely diced	1 tablespoon prepared mustard
	1 teaspoon salt
	1 teaspoon sugar
1 quart buttermilk	

Mix together shrimps, cucumber and seasonings; stir in buttermilk and chill thoroughly. Approximate yield: 6 portions.

EGG SOUP

1 quart milk, scalded	dash of paprika
2 tablespoons chopped cooked vermicelli	2 eggs
1 to 3 tablespoons grated cheese	1 tablespoon ketchup
salt and celery salt	$\frac{1}{2}$ teaspoon Worcestershire sauce
	toast squares

Heat milk, vermicelli and cheese over boiling water, stirring until cheese is melted; use smaller amount with strongly flavored cheese and season with salts and paprika. Stir a small amount of milk mixture into slightly beaten eggs, then stir this into remaining milk mixture and cook about 2 minutes, stirring constantly; add ketchup and Worcestershire sauce, and serve with toast squares. Approximate yield: 4 portions.

FRENCH ONION SOUP

6 medium-sized onions, sliced	5 bouillon cubes
3 tablespoons butter	salt and pepper
1 quart boiling water	3 slices toast, halved
½ cup grated Parmesan cheese	

Sauté onions in butter in heavy saucepan over low heat about 10 minutes, or until lightly browned, stirring to cook evenly; add water and bouillon cubes, or 1 quart soup stock, bring to a boil and simmer 15 minutes; season and pour into hot soup plates or earthenware bowls. Float toast on top and sprinkle with cheese. Serve with additional cheese, if desired. Or toast bread lightly, sprinkle with cheese and place in hot oven until cheese is browned; cut in 1½-inch squares, place in soup plates and pour hot soup over squares. Yield: 8 portions.

CHEESE TOMATO SOUP

2 packages (6 oz.) cream cheese	1 cup crushed pineapple
2 tablespoons flour	3 cups tomato juice

Blend cream cheese, flour and crushed pineapple; gradually add tomato juice and cook until thickened, stirring constantly. Approximate yield: 4 portions.

PARMESAN POTAGE

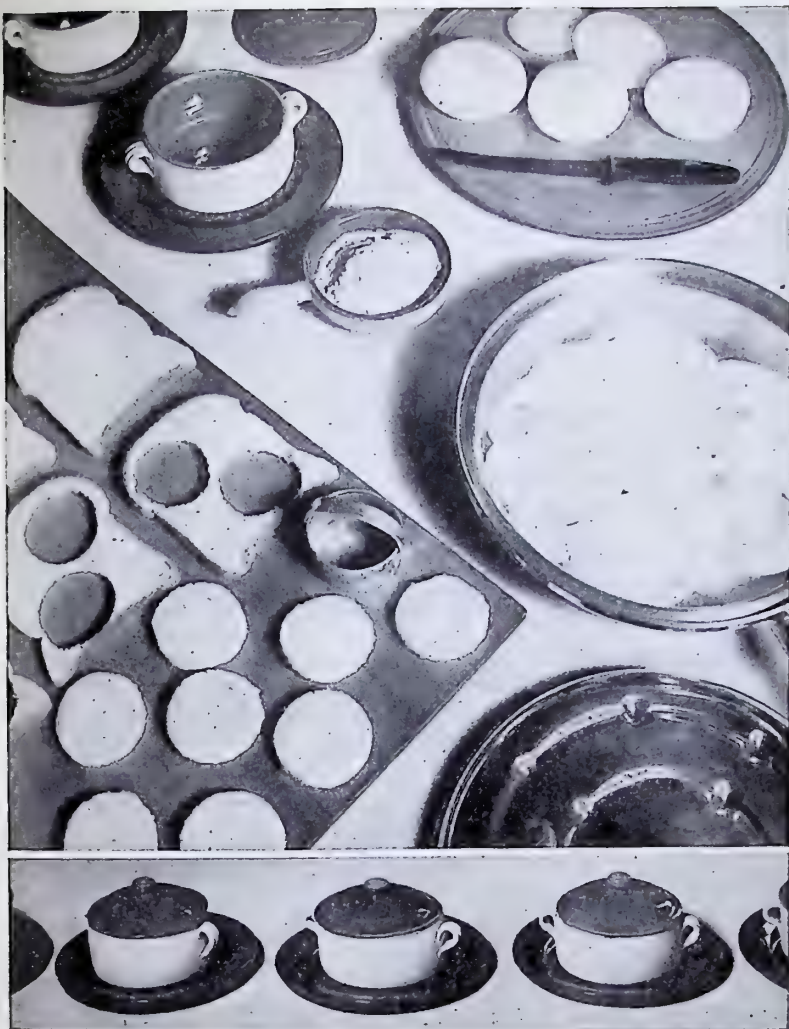
4 cups hot water	1 cup fresh bread crumbs
4 bouillon cubes	2 eggs, slightly beaten
3 tablespoons grated Parmesan cheese	salt and pepper
	dash of nutmeg

Pour hot water over bouillon cubes, stirring until dissolved; mix together cheese and crumbs; stir into eggs. Gradually stir in hot bouillon, season to taste with salt and pepper, and simmer 8 minutes, stirring constantly. Just before serving, add nutmeg and beat thoroughly. Approximate yield: 6 portions.

LEMON SOUP

3 eggs, well beaten	2 tablespoons cold water
1 teaspoon salt	5 tablespoons lemon juice
1½ quarts Quick Bouillon (page 189)	

Combine eggs, salt, water and lemon juice; gradually stir in hot bouillon and heat to boiling point, stirring constantly. Serve at once. Approximate yield: 6 portions.



FRENCH ONION SOUP, PEASANT STYLE

Rings of sweet, pungent onions sautéed in butter, and soup stock rich and meaty in flavor, form the basis for this hearty soup. A round of crisp toast and dusting of grated Parmesan cheese tops each serving. Traditionally, French onion soup is served in individual casseroles or petites marmites which can be put right into a piping hot oven to bring out the full, rich flavor of the soup (recipe, page 208).



GARNISH MEAT BALLS

½ cup minced cooked meat	few drops onion juice
⅛ teaspoon salt	1 teaspoon lemon juice
dash of pepper	1 egg yolk (about)
⅛ teaspoon thyme	1 tablespoon flour
	1 tablespoon fat

Use any kind of cooked meat; mix with seasonings, lemon juice and just enough egg yolk to moisten. Shape in balls about ¾ inch in diameter; roll in flour and sauté in fat until lightly browned. Add to hot soup just before serving. Approximate yield: 1 dozen small balls.

MARROW BALLS

2 tablespoons stale bread crumbs	1 teaspoon grated lemon rind
2 teaspoons beef marrow	dash of salt
1 tablespoon chopped parsley	dash of pepper
	1 egg white (about)

Combine bread crumbs, beef marrow, parsley, lemon rind and seasonings; add enough egg white to moisten; shape in small balls the size of marbles. Drop into hot soup; when cooked, balls rise to surface. Approximate yield: 1½ dozen small balls.

CHICKEN TIMBALE BALLS

1½ cups finely chopped chicken	1 teaspoon onion juice
½ teaspoon salt	1 tablespoon lemon juice
⅛ teaspoon paprika	1 egg yolk (about)
dash of thyme	¼ cup flour

Combine chicken, seasonings, lemon juice and just enough egg yolk to moisten; shape in tiny balls, roll in flour and cook in boiling consommé 5 minutes. Serve 3 balls in each cup. Approximate yield: 1½ dozen balls.

FARINA FLOATS

¼ cup butter	1 teaspoon baking powder
6 tablespoons farina	1 egg

Cream butter until soft and beat in remaining ingredients. Drop by ¼ teaspoonfuls into boiling soup and boil 10 minutes; they will triple in size and float. Approximate yield: 40 small dumplings.

EGG BALLS

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| 2 hard-cooked egg yolks | 1 egg white (about) |
| ¼ teaspoon salt | 1 tablespoon flour |
| dash of pepper | 2 tablespoons fat |

Force egg yolks through sieve, add seasonings and enough egg white to moisten. Shape in small balls about ¾ inch in diameter; roll in flour and sauté in fat until lightly browned. Add to soup just before serving. Approximate yield: 10 small balls.

CHEESE PUFF BALLS

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| ½ cup grated Parmesan cheese | dash of cayenne or paprika |
| 1 tablespoon flour | 2 egg whites, stiffly beaten |
| ¼ teaspoon salt | 3 tablespoons cracker crumbs |

Mix cheese, flour, salt and pepper, and fold into egg whites; if too crumbly to mold, add a few drops of milk. Shape in small balls, roll in crumbs and fry in hot deep fat (375° F.) about 1 minute, or until golden brown; drain on unglazed paper. Yield: 1½ dozen balls.

ALSATIAN DUMPLINGS

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| ½ cup butter | ¾ cup flour |
| 1 egg, separated | ¼ teaspoon salt |
| 1 egg yolk | dash of pepper |
| dash of nutmeg | |

Cream butter until soft and beat in egg yolks; gradually stir in flour, seasoning and stiffly beaten egg white. Shape in small balls 1 inch in diameter, drop into boiling salted water and simmer, covered, about 5 minutes; do not let dumplings boil. Put in hot tureen and pour hot soup over them; or cook dumplings in boiling hot bouillon or consommé. Approximate yield: 1½ dozen dumplings.

NORWEGIAN DUMPLINGS

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| 3 tablespoons butter | ¼ teaspoon salt |
| ½ cup flour | dash of pepper |
| ½ cup boiling water | ½ teaspoon sugar |
| 1 egg | |

Combine as for Puff Shells (page 661); shape in small balls, drop into boiling soup and cook, covered, 10 minutes. Serve 2 in each cup. Approximate yield: 1½ dozen small dumplings.

CUSTARD ROYALE

2 egg yolks	dash of pepper
1 egg	dash of cayenne
1/8 teaspoon salt	1/2 cup beef stock or consommé

Beat egg yolks and egg; add seasonings and stock. Pour layer, 1/2 inch thick, into 7-inch pie pan or shallow small pan; set in pan of hot water and bake in moderate oven (350° F.) about 20 minutes, or until knife inserted comes out clean. When cold, cut in fancy shapes or tiny dice. Yield: 1 layer (7-inch) custard, 1/2 inch thick, or enough for 1 dozen portions of soup.

VEGETABLE CUSTARD CUBES

1 cup drained canned peas	dash of nutmeg
dash of salt	1 egg
dash of celery salt	2 egg yolks
dash of paprika	1/2 cup stock or bouillon

Force peas through sieve, add seasonings, slightly beaten egg and egg yolks, and stock. Pour layer, 3/4 inch thick, into greased 7-inch pie pan or shallow pan, set in pan of hot water and bake in moderate oven (350° F.) about 1/2 hour, or until firm. When cold, cut in squares and serve in clear soups. Yield: 1 layer (7-inch) custard, 3/4 inch thick, or enough for 1 dozen portions of soup.

MARCHKNODELN

1/2 cup stale bread cubes	dash of salt
1 cup milk	dash of pepper
1/4 cup butter	dash of nutmeg
1 egg, slightly beaten	1/4 cup fine bread crumbs
1 tablespoon chopped parsley	12 small pieces cooked meat,
	1 x 1 1/2-inch oblongs

Soak bread in milk until soft; then press dry. Cream butter and stir in egg, parsley, seasonings and bread cubes; add just enough fine crumbs to make a paste. Completely cover each piece of meat with paste and cook in boiling salted water 10 minutes; drain and serve in consommé. Yield: 1 dozen dumplings.

Meats

MEAT is one of our chief sources of protein—the food constituent that builds and repairs tissues. The word “protein” derives from the Greek, meaning “of the first importance.” To many of us, meat is the important food around which we build our meals. The particular cut or kind of meat determines the vegetables, salad and dessert that will accompany it. Meat, as discussed in this section, is limited to beef, veal, lamb, mutton and pork.

QUALITY

IN AN effort to purchase meat at the lowest prices local markets afford, a housewife may take advantage of “bargains” at the expense of quality. Many reputable markets sell only government inspected and graded meats and quality is generally assured. But the fastidious buyer relies also on her knowledge of the physical characteristics of good meat.

Beef. The flesh of quality beef is bright red, well-streaked with fat and the exterior fat is brittle or crumbly.

Veal. The flesh of young calves is light pink, fine-grained, sparsely streaked with fat and contains more connective tissue than beef. A small amount of clear, white fat surrounds the larger cuts.

Lamb. The flesh of lamb is pinkish red, fine-grained, and the fat is clear white and brittle.

Mutton. Mutton may be distinguished from lamb by a dark red flesh and hard, white fat. Quality mutton is delicious when ripened or cured for 2 to 4 weeks.

214 *Pork.* The flesh of pork is grayish pink and is generally streaked with fat.

See Tables XXI to XXV (pages 905 to 917) and charts on meat cutting (page 904) for information on cuts of meat to buy for different uses.

CARE OF MEAT IN THE HOME

REMOVE meat at once from the wrapper and store in an uncovered dish in the coldest part of the refrigerator. A temperature of 40 to 45 degrees F. is suitable for the temporary storage of meat in the home refrigerator. Do not wash meat. Wipe it with a damp cloth if any foreign particles adhere to its surface. Washing tends to remove soluble meat extractives which are essential to the development of a full, rich flavor.

PRINCIPLES OF MEAT COOKERY

THE aim in cooking meat is to develop flavor and at the same time retain the flavor of the meat extractives and juices, to maintain or increase tenderness and to change the color. By browning the fat and the meat extractives on the surface, the flavor and color are improved. To avoid shrinkage (loss of natural meat juices and fat), the meat should be cooked under conditions that will preserve as much of the natural juices as possible. Tenderness is developed by softening the connective tissues. Since meats vary in amount, kind and quality of connective tissue, different treatments are used to cook tender, less tender, and tough cuts.

The dry heat method of cooking meat is used for tender cuts which contain comparatively little connective tissue, and for less tender cuts of young, high-grade beef, such as chuck, rump and round. The meat is cooked quickly by broiling, pan-broiling, or roasting, uncovered, to desired stage. Less tender cuts, because of their greater proportion of connective tissues, should be roasted at a lower temperature and for a longer period than the tender cuts.

There are two methods of cooking by dry heat: (1) the meat is seared first and the temperature lowered quickly to finish cooking; (2) the meat is cooked at a constant, low temperature throughout the entire period. Method I induces a crisper crust with juicy interior, but may result in more shrinkage if the meat is cooked to the well-done stage. Method II yields a less crisp crust, but the interior is juicier and generally more tender. Shrinkage may also be less, unless the meat is cooked until well done. 215

The moist heat method of slow cooking is applied to the less tender and the tough cuts high in connective tissue. Less tender cuts of meat are cooked slowly by braising, stewing or simmering.

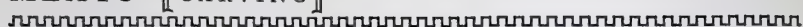
Braised meats from the less tender cuts are cooked, covered, in their own juices or in a small amount of water. Liquid ($\frac{1}{2}$ cup or less) is added as needed to provide moisture. The meat is usually browned first in a small amount of fat and may be cut into small pieces, as for stewing, or it may be in one piece for pot roast.

Stews are made from tough cuts. The meat is in small pieces and is usually browned first in a small amount of fat and then simmered until tender in a small amount of water.

Besides cooking in moist heat, tough meats are rendered more tender by grinding, pounding, or marinating. The meat is ground to break up the fibres as in making meat loaves or patties. Or the meat is pounded to break the connective tissues and fibres before cooking. Marinating the meat for several hours in a weak vinegar or acid solution also softens the connective tissue.

TEMPERATURE AND TIME FOR COOKING MEATS

It takes a Solomon to look at a roast and tell when it is done without first cutting into the juicy interior. The surest test is to insert a meat thermometer into the center of the meat, for temperature is an accurate guide to the state of doneness. Or the cooking time may be judged by allowing a stated number of minutes per pound for different cuts and kinds of meats. The longer the



216 cooking time, the greater the shrinkage and loss of meat juices. Temperature and time for cooking meats are tabulated on page 28.

Several factors influence the time required to cook meat to various stages of doneness. Small roasts require a longer time per pound than large roasts. Bone acts as a heat conductor, consequently, boned and rolled roasts require approximately 10 to 15 minutes more per pound than roast containing bone. If the roast is permitted to stand, the temperature continues to increase after the meat is removed from the oven. This factor must be taken into consideration when an exact degree of doneness is desirable. Discounting prejudices, beef is cooked to rare, medium, or the well-done stage; veal is preferred well done; lamb, medium rare or well done; mutton, well done; and pork, regardless of method, should be thoroughly cooked.

Quick-frozen meats may be cooked, frozen or thawed, by the same methods used for fresh meats: if solidly frozen, allow slightly longer per pound for the boned or smaller roast, and slightly longer for total broiling or frying of steaks. Directions for cooking are included with packaged meats and should be followed. If it is not cooked at once, quick-frozen meat should be allowed to thaw out slowly in the refrigerator before the meat is removed from the wrapper.

CARVING

PRACTICE alone brings perfection in the art of carving. Sharp tools are essential and more important than the size of the knife. An 8- to 9-inch carver is usual for carving roasts, and certain game. A 5- to 7-inch blade is recommended for small hams, meat loaves and steaks. To prevent scratching the surface of a silver platter or a valuable china platter, and to obviate slipping, the roast, steak or fowl should rest on a wooden carving board, cut to fit the inner circumference of the platter.

Meat should be cut across the grain. A roast consisting of a

number of chops from the loin is carved to serve one chop to each person. A standing rib or rolled roast is placed with cut surface on platter and meat is carved horizontally in $\frac{1}{8}$ - to $\frac{1}{4}$ -inch slices. A whole ham or a leg of lamb is usually placed on platter, fat side uppermost, with bone end to the left of the carver; the meat is sliced at right angles to the platter, commencing from the choice, center section and slicing outwards. A crown roast of lamb is readily separated into individual chops, and care is taken to serve portions of the dressing which fills the center of the roast with each portion of meat served. 217

For explanation of terms used in meat cookery, see pages 19 ff.

BEEF

BROILED STEAK

Select a tender steak, preferably $1\frac{1}{2}$ to 2 inches thick (table, page 905); trim off excess fat, wipe with damp cloth and lay meat on greased rack in broiling pan. Broil in hot broiler, preheated 5 to 10 minutes, according to method I or II: for a steak with a well-browned crisp surface and juicy inside, use method I; for a steak with a less crisp surface but a very juicy and tender inside, use method II. When special broilers are used, follow directions given with equipment. Remove steak to hot platter, spread with softened butter, sprinkle with salt and pepper, and garnish as desired. Allow $\frac{1}{2}$ to $\frac{3}{4}$ pound per portion.

Method I (two temperatures)—Place broiler pan with meat on rack 2 to 3 inches below a gas flame or a glowing-red electric unit with temperature control at 500° F.; leave door ajar. When seared on top side, turn steak, being careful not to pierce lean meat with fork. When seared on both sides, reduce heat to 350° F. and continue broiling until meat is cooked to desired degree of doneness (page 30), turning steak once for even cooking. If temperature is not reduced after searing, lower pan from broiling unit for a thick steak, well done.

Method II (one temperature)—Place broiler pan with meat on rack in preheated broiler as in method I, but with temperature control at 350° F., or with heat turned low; if no heat control is used, place meat lower from broiling unit. Turn steak when half done to desired degree of doneness (page 30).

SAVORY BROILED STEAK

Rub 2 tablespoons English mustard into thick porterhouse steak and broil as directed (page 217). Remove to hot platter, spread with butter and sprinkle with salt and pepper; surround with Sautéed Onions (page 465).

FILET MIGNON

Fillets are cut from the tenderloin of beef and are usually from 1 to 2 inches thick. Broil or pan-broil (page 220) to the desired degree of doneness (page 30); spread with softened butter, sprinkle with salt and pepper, and serve with broiled mushroom caps or sautéed chopped mushrooms, French fried or sautéed onions, or broiled tomatoes.

PLANKED STEAK

Broil or pan-broil a tender steak about 2 inches thick until seared on both sides (page 217), allowing 10, 15, or 25 minutes according to desired degree of doneness; then place on heated plank brushed with butter or oil and border edge of plank with Duchess Potatoes (page 472), or Mashed Potatoes (page 472) brushed with melted butter, milk or diluted egg yolk. Place in hot oven (450° F.) and bake about 10 minutes, or until potatoes are browned. Spread softened butter over steak, season with salt, pepper and minced parsley, and arrange hot vegetables around meat. Choose vegetables with contrasting color and consistency, and with a pleasing blend of flavors. Serve at once.

SERVICE SUGGESTIONS FOR PLANKED STEAK

Borders—

Mashed Irish and sweet potatoes in various forms.
Bananas, halved lengthwise, grilled pineapple slices.
Cooked apple or peach quarters or apricot halves.
Mashed squash or turnip.

Vegetable Combinations—

Buttered peas, carrot strips and cauliflower flowerets.
Broiled mushroom caps, string beans, diced beets.
Buttered string beans, stuffed onions, grilled tomatoes.
Buttered cauliflower, diced carrots, spinach.
Stuffed green peppers, diced turnips, kidney beans.
Buttered asparagus, diced beets, lima beans.
Stuffed tomatoes, buttered young carrots, French fried onion rings.
French fried egg plant, grilled tomatoes, buttered Brussels sprouts.
Stuffed mushroom caps, beet greens, kernel corn.



INDIVIDUAL PLANKED STEAKS AND SIZZLING PLATTER

Top: Well-seasoned oak planks keep grilled foods hot from oven to table.

For individual service, try lamb patties wrapped in bacon (recipe, page 246), green peas, carrots, and a rosette of mashed potatoes.

Bottom: A T-bone steak sizzles on this heat-retaining aluminum platter on which it was broiled. The platter has wooden handles which can be attached for service at the table. Grooved compartments hold assorted vegetables—buttered asparagus, latticed potatoes and broiled tomatoes.



PAN-BROILED STEAK

Heat a heavy iron frying pan sizzling hot and rub with piece of suet. Sear tender steak quickly on both sides, then cook more slowly to the desired degree of doneness (page 30); turn steak once for even cooking, being careful not to pierce lean meat with fork. If fat accumulates, pour off to avoid frying meat. Remove steak to hot platter, spread with softened butter, sprinkle with salt and pepper, and garnish as desired. Allow $\frac{1}{2}$ to $\frac{3}{4}$ pound per portion.

MINUTE STEAK

Minute steaks are small individual steaks from $\frac{1}{4}$ to $\frac{1}{2}$ inch thick. If cut from the top chuck, they contain the blade bone and make attractive steaks. Any small and thin tender cut may be called a minute steak. Pan-broil steaks quickly (see above), allowing 4 to 5 minutes for entire cooking; spread with softened butter and sprinkle with salt and pepper when turning to sear other side. If cooked longer, steaks become dry and tough.

DANISH BEEFSTEAK

2 top round steaks, 2 to $2\frac{1}{2}$ pounds	3 tablespoons chopped suet
2 teaspoons salt	5 cups thinly sliced onions
$\frac{1}{4}$ teaspoon pepper	$\frac{1}{3}$ cup butter

Season steak with salt and pepper, and pound hard for several minutes, or until slightly flattened. Sear steak in suet in hot heavy frying pan; lower heat and cook 6 to 8 minutes longer, turning steak once for even cooking. Sauté onions in butter over low heat until soft and lightly browned. Serve over steak. Approximate yield: 6 portions.

CAMPFIRE HAMBURGS

Season $1\frac{1}{2}$ pounds lean beef, ground, with $1\frac{1}{4}$ teaspoons salt and $\frac{1}{4}$ teaspoon pepper; shape into 12 very thin round cakes the size of the round rolls used. Sauté 4 medium-sized onions, chopped, in 1 tablespoon butter until browned; stir in 1 tablespoon prepared horseradish mustard. Spread mixture over 6 meat cakes; cover with remaining cakes and press together. Broil quickly over glowing coals or in broiler until well browned (page 30). Serve between buttered halves of 6 rolls. Yield: 6 portions.

FRIED HAMBURG

Season 1 pound round steak, ground, with 1 teaspoon salt and $\frac{1}{4}$ teaspoon pepper, and shape into flat patties. Fry in hot deep fat (380° F.) for 5 to 8 minutes, or until browned, and serve immediately. Approximate yield: 6 patties.

GRILLED HAMBURG

221

Use lean beef, ground; shape lightly into large steak or flat cakes about 1 inch thick and broil (page 30). If meat is dry, turn when seared on one side, spread with butter, season and serve at once.

HAMBURG ON ONION SLICES

Place 6 slices Bermuda or white onion, $\frac{1}{2}$ inch thick, in pie plate, sprinkle with salt and pepper, and pour 2 tablespoons melted butter over them; cover and bake in moderate oven (350° F.) about $\frac{1}{2}$ hour, or until nearly soft. Mix together lightly 1 pound lean beef, ground, 2 tablespoons ground suet, $\frac{1}{2}$ cup soft bread crumbs, 1 tablespoon chopped parsley, $\frac{1}{2}$ teaspoon salt and $\frac{1}{8}$ teaspoon pepper; shape into 6 cakes, wrap each with a slice of bacon and fasten with a toothpick. Place cakes on onion slices and broil (page 30), turning once. Yield: 6 portions.

PLANKED HAMBURG STEAK

Mix 1 pound lean beef, ground, with 2 tablespoons lemon juice, 1 teaspoon salt and $\frac{1}{4}$ teaspoon pepper; shape lightly into large steak about $1\frac{1}{4}$ inches thick and broil (page 217) just enough to sear both sides. Transfer to heated and greased plank, spread with softened butter and season with salt and pepper; border edge of plank with mashed potatoes brushed with egg yolk mixed with 1 tablespoon milk. Place in hot oven (450° F.) and bake until potatoes are browned. Arrange seasoned hot vegetables around meat. Approximate yield: 4 portions.

MEAT BALLS

Season 1 pound beef, ground, and $\frac{1}{4}$ pound fresh or salt pork, ground, with 1 teaspoon salt, $\frac{1}{8}$ teaspoon pepper and 1 small onion, chopped and sautéed in 1 tablespoon butter; add $\frac{1}{2}$ cup bread crumbs and $\frac{1}{2}$ cup milk, and mix thoroughly. Shape into cakes, roll in flour and sauté in 2 tablespoons fat until well browned. Approximate yield: 1 dozen balls, or 6 portions.

MEAT BALLS AND VEGETABLE CASSEROLE

Grind together $\frac{1}{2}$ pound beef and $\frac{1}{2}$ pound each veal and fresh pork; season with $1\frac{1}{2}$ teaspoons salt, $\frac{1}{8}$ teaspoon pepper and $\frac{1}{2}$ small onion, minced, and mix with $\frac{1}{2}$ cup applesauce, $\frac{1}{2}$ cup soft bread crumbs and 1 egg or 2 egg yolks. Shape into balls, roll in flour and brown in 2 tablespoons fat; then place in casserole. To drippings in frying pan, add the following vegetables: 2 cups canned tomatoes; 4 medium-sized potatoes and 1 small carrot, each diced; $\frac{1}{2}$ small onion, 1 stalk celery and 1 green pepper, each minced. Bring to a boil and turn out over meat balls; bake in moderate oven (350° F.) about 45 minutes. Approximate yield: 6 portions.

NORWEGIAN MEAT BALLS

2 pounds round steak	2 tablespoons flour
1½ pound suet	2 eggs
2 teaspoons salt	2 cups milk or cream (about)
1/8 teaspoon pepper	1½ quarts beef stock
1/4 teaspoon mace or nutmeg	butter

Brown Sauce (page 378)

Grind meat and suet five times; stir in seasonings and flour. Beat in thoroughly one egg at a time and add milk gradually, beating until spongy and light. Shape into small balls with teaspoon dipped in cold water and boil in beef stock about 5 minutes. Brown in butter and serve with brown sauce made from beef stock. Flavor sauce with sherry, if desired, using 3 tablespoons sherry to 2 cups sauce. These meat balls are usually made in quantity, boiled in stock, then canned and used as needed. If desired, brown the uncooked meat balls and cook in brown sauce about ½ hour. Approximate yield: 6 dozen small meat balls.

BEEF PATTIES AND BACON

Season 1 pound lean beef, ground, with 1 tablespoon minced onion, 1 teaspoon salt and ¼ teaspoon pepper; add ¼ cup bread crumbs and 1/3 cup milk, and mix thoroughly. Shape into patties, wrap each with slice of bacon and fasten with toothpick; broil or pan-broil (page 220). Approximate yield: 6 patties.

BEEF AND PORK PATTIES

Mix together ½ pound each beef, ground, and sausage meat; shape into 8 thin patties. Place layer of sliced apples between 2 patties and press together. Brown on both sides, then reduce temperature and cook slowly until apples are soft and meat is well done. Yield: 4 patties.

MEAT PUFFS WITH MUSHROOM SAUCE

1½ pounds lean beef, ground	1/4 teaspoon pepper
1½ medium-sized onions, grated	1/4 cup flour
1½ cups soft bread crumbs	1/4 cup fat
2 eggs, well beaten	1 can (No. 1) condensed mushroom
1/2 to 3/4 teaspoon salt	soup diluted with 1/2 cup water

Combine meat, onions, bread crumbs, eggs and seasonings; form lightly into small balls and sprinkle with flour. Brown in fat; add mushroom soup, cover and simmer 10 minutes. Yield: 6 portions.

SWISS STEAK

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2 pounds beef, 1-inch thick	2 tablespoons fat
$\frac{1}{3}$ cup flour	3 slices onion
1 teaspoon salt	$\frac{1}{2}$ cup water
$\frac{1}{8}$ teaspoon pepper	1 cup tomato juice

Use round, chuck or shoulder beef; dredge with mixture of flour, salt and pepper, and pound into steak with wooden potato masher or meat pounder. Brown in hot fat in heavy frying pan or Dutch oven, add onion, water and tomato juice, cover and simmer 1 hour, or until meat is very tender, turning occasionally. For oven-cooking, place seared meat, vegetables and liquid in casserole, and bake, covered, in moderate oven (350° F.) about 1 hour. If a thicker steak (2 to 2½ inches) is used, simmer meat about 2 hours. Yield: 6 portions.

STUFFED FLANK STEAK

2 pounds flank steak	Bread-Ham Stuffing (page 400)
1 teaspoon salt	flour
$\frac{1}{8}$ teaspoon pepper	3 tablespoons chopped suet
$\frac{1}{8}$ teaspoon ginger	$\frac{1}{2}$ cup boiling water

Have butcher score flank steak; wipe with damp cloth and season with salt, pepper and ginger. Spread stuffing evenly over steak and roll with fiber; sew edges together and sprinkle with flour. Sauté meat roll in suet until well browned, then add water, cover tightly and simmer about 2 hours, or until meat is very tender, turning occasionally. To serve, remove thread, place on hot platter and garnish as desired; cut in slices across fiber. Approximate yield: 6 portions.

SCRAMBLED BEEF

1 pound beef, chopped	1 dill pickle, chopped
$\frac{1}{2}$ medium-sized onion, minced	1 teaspoon salt
$\frac{1}{4}$ cup chopped cooked beets	$\frac{1}{8}$ teaspoon pepper
$1\frac{1}{2}$ teaspoons chopped mixed sweet pickles	1 egg
	3 tablespoons butter

Mix together beef, vegetables, pickles, seasonings and egg; sauté in 2 tablespoons butter in heavy frying pan until browned, adding remaining 1 tablespoon butter just before removing from fire. Approximate yield: 4 portions.

FRENCH FRIED STEAKS

1½ pounds round steak

salt and pepper

Cut steak in pieces for serving, about 3 inches square; score both sides with sharp knife and trim off all connective tissue. Fry in hot deep oil (390° F.) for 4 to 6 minutes; drain on unglazed paper, sprinkle with salt and pepper, and serve at once on hot platter with a border of French fried potatoes (page 475). Approximate yield: 6 portions.

CREOLE BEEF WITH NOODLES

1 pound lean beef, ground

1 cup diced celery

3 tablespoons fat

¾ cup diced onion

2 cups hot water

1 cup tomato purée, or condensed

2 teaspoons salt

soup

½ package noodles

Sauté meat in fat until well browned, stirring occasionally; then add water, cover and simmer 20 minutes. Add salt, vegetables and purée, and cook 20 minutes longer, or until vegetables are soft and mixture has the consistency of a thick sauce. Cook noodles in boiling salted water 10 minutes, or until soft; drain, place in well-buttered ring mold and keep hot. To serve, unmold noodles on hot chop or round plate and fill center with meat-vegetable mixture. Approximate yield: 6 small portions.

AMERICAN CHOP SUEY

⅓ package egg noodles

¼ cup oil

1½ cups canned tomatoes

½ pound lean beef, chopped

½ cup grated cheese

1 stalk celery

1 large onion, sliced

soy sauce

salt and pepper

Cook noodles in large amount of boiling salted water 10 minutes, or until soft; drain and return to kettle; then add tomatoes and cheese, and stir until cheese is melted. Sauté onion in oil until slightly yellow, add chopped beef and stir until well browned; add celery cut in thin long strips. Add to noodle-cheese mixture, season to taste with soy sauce, salt and pepper, and heat thoroughly; serve with additional soy sauce, if desired. Approximate yield: 6 portions.

RIB ROAST

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Use a 2- or 3-rib roast; wipe with damp cloth and rub with salt, pepper and flour if desired. Place fat side up in roaster or pan; make an incision with a pointed knife through the fat and insert thermometer so that its bulb is in the center of roast. If roast will not stand up, lay it flat side down on rack in pan and insert thermometer directly into center of muscle; baste occasionally during roasting with drippings if meat appears to be drying out. Roast, uncovered, according to method I or II. Place on hot platter with Browned Potatoes (page 474) and serve with Brown Gravy (page 228). Buttered peas, cauliflower, beets, broccoli, baked squash or scalloped corn are suitable with beef. Allow about $\frac{1}{2}$ pound (meat and bone) per portion.

Method I (two temperatures)—Place roast in very hot oven (500° F.) and sear for 20 to 30 minutes according to insulation of oven; then reduce heat quickly to slow (300° – 325° F.) and continue roasting until thermometer registers the desired degree of doneness for inside of meat (table, page 28), or about 18 to 20 minutes per pound for rare meat, 22 to 25 minutes per pound for medium-done meat, and 30 to 35 minutes per pound for well-done meat.

Method II (one temperature)—Place in moderately slow oven (325° – 350° F.) and roast until thermometer registers the desired degree of doneness for inside of meat (table, page 28), or about 18 to 20 minutes per pound for rare meat, 22 to 25 minutes per pound for medium-done and 30 to 35 minutes per pound for well-done meat.

ROLLED ROAST WITH YORKSHIRE PUDDING

Use a 3-rib roast of beef, boned and rolled; place roast, fat side up, on rack in pan, and insert meat thermometer through fat covering; roast according to method I or II (see above), allowing 10 to 15 minutes longer per pound for each degree of doneness. Serve with squares of Yorkshire Pudding and Brown Gravy (page 228).

Yorkshire Pudding—Mix 1 cup sifted flour and $\frac{1}{2}$ teaspoon salt; gradually stir in mixture of 2 eggs, well beaten, and 1 cup milk, and beat with rotary beater until smooth. Pour into hot shallow pan containing $\frac{1}{4}$ cup hot beef drippings, and bake in moderately hot oven (400° F.) 25 to 30 minutes. Cut in squares and serve at once with hot roast. To bake in pan with roast, drain all but $\frac{1}{4}$ cup drippings $\frac{1}{2}$ hour before serving, place roast to one side, pour in batter and bake, increasing heat to 400° F. Approximate yield: 6 portions.

ROAST BEEF TENDERLOIN

The fillet or tenderloin is a long narrow strip of tender lean meat weighing from 4 to 6 pounds; have it larded by butcher or lard with salt pork (page 21), or place strips of pork on top. Sprinkle with salt and pepper, allowing $\frac{1}{2}$ teaspoon salt per pound of meat. Roast according to method I or II (page 225), allowing 20 to 30 minutes per pound, according to the desired degree of doneness. Serve with Mushroom Sauce (page 379). Allow about $\frac{1}{3}$ pound per portion.

BEEF LOAF

1½ pounds beef, ground	1½ tablespoons minced onion
¾ teaspoon salt	1½ cups soft bread crumbs
¼ teaspoon pepper	½ cup water

Tomato Sauce (page 382)

If beef is lean, add $\frac{1}{4}$ pound suet or fat pork. Combine ingredients lightly but thoroughly and turn into greased loaf pan, 5 x 4 x 3 inches. Bake in moderately hot oven (375° F.) for 30 to 45 minutes. Serve with tomato sauce. Approximate yield: 6 portions.

ITALIAN HAMBURG LOAF

1 pound lean beef, ground	1 small onion, minced
½ pound cheese, grated	1 teaspoon salt
1 green pepper, chopped	pepper
4 eggs, well beaten	

Mix thoroughly all ingredients and shape into loaf. Bake in moderately hot oven (375° F.) for 45 to 50 minutes. Approximate yield: 1 medium-sized loaf, or enough for 6 portions.

MEAT LOAF WITH CHILI SAUCE

1 pound beef, ground	1 medium-sized onion, minced
½ pound pork, ground	1 tablespoon salt
½ pound veal, ground	¼ teaspoon pepper
4 slices bread	2 eggs
½ cup warm water	1 cup chili sauce

Mix meats thoroughly with bread softened in warm water, seasonings and eggs; pack into greased loaf pan, 5 x 4 x 3 inches, and cover with chili sauce. Bake in moderately hot oven (375° F.) about 45 minutes. Approximate yield: 6 portions.



A MEAT THERMOMETER GAUGES "DONENESS" ACCURATELY

How do you like your roasts—rare, medium or well done? This clever little instrument is inserted in the fleshy part of a roast and goes into the oven with the meat to remain until it registers the exact stage of doneness desired. The thermometer is a more reliable guide than the definite number of minutes per pound for total roasting usually followed. See directions for roasting meats (page 225) and cooking temperatures (page 28).

POT ROAST

4 pounds beef	$\frac{1}{8}$ teaspoon pepper
$\frac{1}{4}$ cup flour	$\frac{1}{4}$ cup chopped suet, or 3 tablespoons beef fat
2 teaspoons salt	
	2 cups brown gravy

Use a compact piece of meat, solid or rolled, weighing from 4 to 6 pounds; choose meat from top, bottom, eye or heel of round, rump, chuck, shoulder arm or clod. Wipe meat with damp cloth and dredge with mixture of flour and seasonings. Sear and cook meat according to method I or II, without water or with a small amount. When meat is done, remove to hot platter and serve with brown gravy and vegetables as desired. Approximate yield: 8 portions.

Method I (without water)—Sear meat in fat in heavy kettle, Dutch oven or frying pan until well browned; if seared in frying pan, transfer to kettle. Cover tightly and cook over low heat about 3 hours, or until meat is tender, turning frequently to prevent burning and to cook uniformly. Meat cooked in its own juices is moist and juicy.

Method II (with water)—Sear meat, add $\frac{1}{2}$ cup hot water and cook slowly as directed in method I, turning meat occasionally. A low rack may be placed in bottom of kettle after meat is seared. The water cooks away and the meat finally cooks in its own juices.

BROWN GRAVY

Measure fat and juice in roaster; skim off excess fat. For each cup of gravy, use 2 tablespoons each flour and drippings, and 1 cup liquid (water, stock or part milk). Stir flour into fat and cook until lightly browned; gradually stir in liquid and cook 5 minutes, stirring until smooth and thickened; season to taste with salt and pepper; strain, if desired. Milk makes the gravy lighter in color and gives a delicious flavor; a small amount of sweet or sour cream may be added for flavor.

MODIFICATIONS OF POT ROAST

(Use recipe above)

Italian Pot Roast—Use $1\frac{1}{2}$ pounds chuck, rolled and tied, and sear in 3 tablespoons olive oil; add $3\frac{1}{2}$ cups (No. 2 can) tomatoes, 1 teaspoon salt, $\frac{1}{4}$ teaspoon pepper, $\frac{1}{2}$ clove garlic, $\frac{1}{2}$ bay leaf and 1 whole clove, cover tightly and simmer 3 hours, or until tender. Remove garlic; thicken gravy, if desired, by stirring in roux of 1 tablespoon each flour and water, and cook about 3 minutes. Approximate yield: 6 portions.

•Cape Cod Pot Roast—Sear meat and place in Dutch oven or deep-well 229
 •cooker of electric stove; add 2 cups cranberry sauce, $\frac{1}{4}$ cup water, 4
 whole cloves and 1 stick (1 inch) cinnamon, and cover; cook slowly 3
 hours, or until meat is tender. If desired medium done throughout,
 turn when half done. Strain liquor in cooker and use for gravy.

Pot Roast with Vegetables—Vegetables such as carrots, celery, onions,
 potatoes, tomatoes and turnips, whole, quartered, sliced or diced, may
 be added to the roast when nearly done and cooked until just soft; if
 cooked whole, turn occasionally to cover with juice.

BEEF À LA MODE

Lard a 4-pound piece of round or chuck roll with salt pork, using a
 larding needle or inserting $\frac{1}{4}$ -inch strips of salt pork into meat (page
 21). Season with salt and pepper, dredge with flour and brown in 3
 tablespoons chopped suet or beef drippings; half cover with boiling
 water and simmer, covered, about 4 hours, or until meat is tender; add
 $\frac{1}{2}$ cup peas and $\frac{1}{2}$ cup each diced carrots, celery and onions, $\frac{1}{2}$ hour
 before meat is done, adding water, if necessary. Place meat on hot
 platter with vegetables arranged around meat and serve with Brown
 Gravy (page 228). Allow about $\frac{1}{2}$ pound meat per portion.

SAUERBRATEN (SPICED STEAMED BEEF)

3 pounds beef, round or rump	1 bouillon cube, or 1 tablespoon
1 teaspoon salt	meat extract
$\frac{1}{4}$ teaspoon pepper	$\frac{1}{2}$ cup tarragon vinegar
1 tablespoon dry mustard	3 tablespoons butter
$\frac{1}{2}$ teaspoon thyme	3 tablespoons flour
1 leaf sage	1 can (6 oz.) tomato paste
1 cup water	1 tablespoon Madeira
parsley	1 recipe Potato Dumplings (page 401)

Place beef in a small earthenware crock with close-fitting lid. Mix
 together seasonings, water, bouillon cube and vinegar, and pour over
 meat, cover securely and leave in a cool place for several days, turning
 daily. On fourth day, draw off liquor and use for sauce; sauté meat
 in butter in iron frying pan until lightly browned, then remove meat.
 Stir flour into drippings, add spiced liquor gradually and cook until
 thickened, stirring constantly. Place meat in gravy and simmer,
 covered, about 2 hours, or until meat is tender. Remove meat, cut
 in thick slices and arrange on platter; pour sauce mixed with tomato
 paste and Madeira over meat, and decorate platter with potato
 dumplings and parsley. Approximate yield: 6 portions.

QUICK SAUERBRATEN

5 pounds beef roast	1½ tablespoons butter, melted
1 tablespoon salt	8 gingersnaps, crumbled
¼ teaspoon pepper	1 tablespoon molasses
1 medium-sized onion, sliced	1 teaspoon sugar
1½ cups vinegar	1 cup hot water
1 cup cold water	½ cup seedless raisins

Use round, rump or rolled roast of beef; rub well with 2 teaspoons salt and pepper, and place in roasting pan with onion, vinegar and water. Roast in moderate oven (350° F.), allowing about ½ hour per pound and basting frequently. When meat is tender, mix together butter, gingersnaps, molasses, sugar and remaining 1 teaspoon salt; stir in hot water, add raisins and cook 5 minutes, stirring until thickened; then drain liquor from roast into gravy and stir until smooth. Serve roast with gravy. Approximate yield: 8 portions.

"BOILED" BEEF

Choose cut containing some fat such as brisket, plate, chuck or larded round; wipe with damp cloth. Add boiling water to half cover meat and simmer, covered, until meat is tender; a 4-pound piece of beef will require from 3 to 4 hours. Add salt when half done, allowing ½ teaspoon per pound, and more water, if necessary. Serve hot or cold; use liquid for gravy, skimming off as much excess fat as possible (page 228). Or serve with Horseradish Sauce (page 376). For a brown stock, sear meat on all sides before simmering. Allow about ½ pound meat per portion.

BOILED BEEF WITH SPINACH DUMPLINGS

2½ pounds breast of beef, boned and rolled	2 tablespoons fat
1 teaspoon salt	4 cups boiling water
	2 cups small white onions

Spinach Dumplings (page 401)

Rub meat with salt and brown in fat; add hot water and simmer, covered, 1½ hours; add onions and continue cooking, uncovered, ½ hour, or until meat is tender. Place meat on hot platter with onions around it; cook dumplings in stock and arrange among onions. Approximate yield: 6 portions.

BRAISED STUFFED FLANK

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1 cup vinegar	1 flank steak
2 tablespoons chopped green pepper	Celery-Bread Stuffing (page 400)
2 teaspoons salt	2 tablespoons butter
1 teaspoon mustard	boiling water
1 teaspoon sugar	2 tablespoons flour
½ clove garlic	¼ cup cold water

Cook vinegar, green pepper and seasonings for 5 minutes; cool, pour over steak and allow to stand in refrigerator 3 to 4 hours; then remove steak from marinade and pound until thin. Cover with stuffing, roll compactly and tie securely; sauté in butter until well browned, add 1½ cups hot water and bake, covered, in moderately slow oven (325° F.) about 2 hours, or until meat is tender. Remove steak to hot platter and garnish as desired; add enough hot water to stock to make 2 cups, thicken with paste made from 2 tablespoons flour and ¼ cup cold water, and serve gravy with steak. Yield: 6 portions.

SPICED MOLDED BEEF

2 pounds round steak	dash of celery salt
1 knuckle veal, cracked	¼ teaspoon dry mustard
1 small bunch soup greens	½ teaspoon allspice
1 tablespoon vinegar	½ teaspoon cloves
water	½ teaspoon mace
1 teaspoon salt	2 tomatoes
	pickle fans

Cut steak in 1-inch cubes and place in large kettle with bone, soup greens and vinegar; add just enough water to cover, bring to a boil and simmer, covered, 3 hours, or until meat is very tender. Allow meat to partially cool in stock; remove meat and chop coarsely; skim fat from stock and strain. Add seasonings and spices to stock, and bring to a boil; add meat and heat thoroughly, then chill. When slightly thickened, stir to distribute meat, turn into mold and chill until firm. To serve, unmold on serving platter, garnish with sliced or quartered tomatoes and pickle fans. Approximate yield: 6 portions.

ENGLISH BEEF STEW

2½ pounds shin beef	3 tablespoons chopped suet, or
¼ cup flour	other fat
½ teaspoon salt	1½ cups water
¼ teaspoon pepper	6 small onions, sliced
3 tablespoons butter	6 small carrots, diced

Cut beef in 2-inch squares and roll in flour mixed with salt and pepper; sauté in suet until well browned. Transfer meat to heated casserole; add water to drippings in pan, bring to a boil and pour over meat. Cover and bake in moderate oven (350° F.) about 3 hours, adding onions and carrots, sautéed in butter, ½ hour before meat is done. Meat may be cooked slowly in tightly covered kettle on top of stove. Approximate yield: 6 portions.

RICH GERMAN STEW

3 pounds chuck	1 teaspoon salt
2 cups cold water	8 whole cloves
¾ cup vinegar	2 cups Brown Gravy (page 228)
3 large onions, sliced	1 recipe Dumplings (page 401)

Cut beef in small pieces, add water and vinegar, and cook slowly about 2 hours, removing scum as it forms; add onions, salt and cloves ½ hour before meat is done. Then add gravy and bring to a boil; drop dumpling mixture from spoon into stew and cook, covered, 10 minutes; serve at once. Approximate yield: 6 portions.

DUTCH STEW

¾ pound beef	1 teaspoon salt
½ pound fresh pork	¼ teaspoon pepper
½ pound beef liver	¼ cup flour
2 quarts boiling water	¼ cup cold water
2 small onions, sliced	1 recipe Dumplings (page 401)

Cut meat in small pieces, add to boiling water and simmer, covered, 2 hours, adding onions and seasonings the last half hour of cooking. Thicken with flour and cold water mixed to a smooth paste. Drop dumplings by spoonfuls into boiling stew and cook, covered, 15 minutes. Serve at once. Approximate yield: 6 portions.

RAGOUT OF BEEF CASSEROLE

2 cups ($\frac{2}{3}$ lb.) dried lima beans	dash of mace
1 pound chuck beef	2 tablespoons bacon fat
3 tablespoons flour	2 small onions, diced
1 teaspoon salt	1 large carrot, cut in strips
$\frac{1}{4}$ teaspoon paprika	1 cup stewed tomatoes, seasoned
	hot water

Soak lima beans overnight; drain, cover with boiling water and cook 15 minutes; drain again. Cut beef in 1-inch cubes, roll in flour mixed with seasonings and sauté in fat until well browned, adding onions when partially browned. Arrange beans, and meat and onion mixture in alternate layers in heated casserole, sprinkling carrot strips over each layer. Pour tomatoes over all, add hot water to barely cover and bake, covered, in moderate oven (350° F.) about $2\frac{1}{2}$ hours. Approximate yield: 6 portions.

CANADIAN MEAT PIE

$1\frac{1}{2}$ pounds round steak	1 teaspoon salt
3 lamb kidneys	$\frac{1}{8}$ teaspoon pepper
1 medium-sized onion, sliced	$2\frac{1}{2}$ tablespoons butter
$1\frac{1}{3}$ cups boiling water	2 tablespoons flour
1 tablespoon Worcestershire sauce	$\frac{1}{2}$ recipe Plain Pastry (page 637)

Wipe steak; trim off fat, chop and use as drippings; cut lean meat in 1-inch cubes. Split kidneys in halves lengthwise, remove tubes and fat, and soak in cold salted water $\frac{1}{2}$ hour; cut in small pieces. Sauté onion in beef fat in large frying pan or heavy kettle until lightly browned; add steak and brown slightly, stirring constantly. Add hot water and seasonings, cover and simmer about 1 hour, or until tender. Sauté kidneys in 1 tablespoon butter 10 minutes, turning frequently, and add to meat; drain off stock and thicken with roux made from flour and remaining $1\frac{1}{2}$ tablespoons butter. Put meat-kidney mixture in greased casserole and pour half of gravy over top; cover with pastry, moistening rim with water to make crust adhere, then prick crust with fork, or make several incisions to permit escape of steam. Bake in hot oven (400° F.) about 20 minutes, or until crust is browned; serve with remaining hot gravy. Approximate yield: 6 portions.

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MADRAS CURRY

1½ tablespoons curry powder	¼ cup fat
½ cup cold water	1½ pounds beef, mutton, pork or fowl
3 medium-sized onions, ground	3 cups boiling water
½ clove garlic, ground	1 teaspoon salt
	⅛ teaspoon pepper

Soak curry powder in water 1 hour; add with onions and garlic to fat, and cook, stirring constantly, until mixture becomes dark brown and begins to stick to bottom of pan. Cut meat in 1-inch cubes, if chicken is used, cut as for stew; add to curry mixture and fry slowly about 10 minutes, or until browned, stirring constantly. Add hot water and seasonings, and simmer, covered, 1 hour, or until meat is tender and stock has boiled down to a thick gravy. Approximate yield: 6 portions.

HAMBURG DUMPLING STEW

1½ pounds lean beef, ground	1 tablespoon flour
1½ teaspoons salt	2 cups hot water
⅛ teaspoon pepper	1 cup tomato soup
onion juice	1 tablespoon chili sauce
⅓ cup fat	1 recipe Dumplings (page 401)

Mix beef with salt, pepper and onion juice, shape lightly into small cakes and sear in fat in hot frying pan until well browned; remove cakes. Stir flour into drippings in pan, add water, tomato soup and chili sauce, and bring to a boil. Return cakes to pan and drop 1 tablespoon dumpling mixture on top of each, cover closely and cook 10 minutes. Approximate yield: 6 portions.

BISCUIT MEAT ROLLS

1½ medium-sized onions, thinly sliced	¼ teaspoon pepper
3 tablespoons fat	3 tablespoons hot water
1½ pounds lean beef, ground	1 recipe Baking Powder Biscuits (page 114)
1½ teaspoons salt	1 recipe Tomato Sauce (page 382)

Sauté onions in fat until lightly browned, add meat mixed with seasonings and water, and sear, stirring constantly. Roll biscuit dough into a rectangle, ¼ inch thick; cover with meat mixture, roll as for jelly roll and cut in 6 slices. Place slices on ungreased baking pan and bake in hot oven (400° F.) about 25 minutes; serve with tomato sauce. Yield: 6 portions.

CORNED BEEF

Use a 4-pound solid piece of corned beef such as fancy brisket, navel, flank or neck; wash under running water to remove outside brine and tie securely. Cover with cold water, bring slowly to a boil and cook about 5 minutes; remove scum, cover and simmer 3 hours, or until meat is tender. Cool slightly in stock; then remove to hot platter and serve with Horseradish Sauce (page 376) or Mustard Sauce (page 377). Approximate yield: 8 portions.

MODIFICATIONS OF CORNED BEEF

Pressed Corned Beef—Cool cooked beef in stock, then drain, cover and place heavy weight on top to press meat.

New England Boiled Dinner—Skim excess fat off liquid and add the following vegetables to corned beef $\frac{1}{2}$ hour before meat is cooked: 1 medium-sized yellow turnip, pared and quartered; 6 parsnips, pared and cut in halves lengthwise; 6 small carrots, scraped; 6 medium-sized potatoes, pared; 1 medium-sized cabbage, quartered and cored. Place hot meat in center of large platter and arrange vegetables, including 6 beets, cooked and buttered, around meat.

Glazed Corned Beef—Drain cooked corned beef, place in baking pan, cover with $\frac{1}{3}$ cup brown sugar and stick with 6 whole cloves. Bake in moderate oven (350° F.) about $\frac{1}{2}$ hour, or until glazed. Slice for serving.

Corned Beef and Cabbage—About 20 minutes before meat is cooked, skim excess fat off liquid, add 1 medium-sized cabbage, sliced, and boil, uncovered, about 20 minutes, or until cabbage is just soft. Place meat on hot platter; drain cabbage, arrange around meat and sprinkle with salt and paprika.

MOLDED CORNED BEEF

$1\frac{1}{2}$ tablespoons gelatin	1 cup diced celery
$\frac{1}{3}$ cup cold water	$\frac{3}{4}$ cup cooked peas
2 cups boiling water	$\frac{1}{2}$ cup diced pickled beets
2 bouillon cubes	$\frac{1}{4}$ cup sliced radishes
$\frac{1}{4}$ teaspoon Worcestershire sauce	1 can (12 oz.) corned beef, chopped
$\frac{1}{2}$ teaspoon salt	lettuce

Soften gelatin in cold water; add hot water and bouillon cubes, stirring until dissolved, and season with Worcestershire sauce and salt; chill. When mixture begins to thicken, add celery, peas, beets, radishes and corned beef; mold as desired and chill until firm. Unmold and serve on lettuce. Approximate yield: 6 portions.

CREAMED DRIED BEEF

2 cups Medium White Sauce (page 91) 1 package (4 oz.) dried beef, shredded, and scalded
buttered hot toast

Prepare white sauce, omitting salt; add shredded beef and heat slowly about 10 minutes. Serve on toast or with hot baked potatoes as desired. One egg or 2 egg yolks, slightly beaten, may be stirred into creamed beef just before serving. Approximate yield: 6 portions.

MODIFICATIONS OF CREAMED DRIED BEEF

Frizzled Dried Beef—Sauté shredded beef in butter about 5 minutes, or until curled; then prepare white sauce, adding flour and milk to meat in pan.

Dried Beef and Almonds—Prepare creamed beef with egg yolks; add ½ cup toasted blanched almonds and serve on hot whole wheat biscuits, split and buttered. Garnish with sliced stuffed olives.

DRIED BEEF AND CORN

1 can (No. 2) whole kernel corn 1 can (No. 1) cream of mushroom soup
1 jar (2½ oz.) dried beef, shredded
2 tablespoons butter buttered hot toast, or biscuits, halved,
3 tablespoons flour toasted and buttered

Drain corn and reserve liquid for gravy. Sauté corn and shredded beef in butter until slightly browned and dry; stir in flour and continue browning. Add soup and liquid from corn, and cook about 5 minutes, stirring until thickened. Serve on hot toast or biscuits. Approximate yield: 6 portions.

DRIED BEEF RABBIT

3 cups canned tomatoes 2 teaspoons butter
1 cup shredded dried beef dash of pepper
1 cup grated American cheese 2 eggs, slightly beaten
12 small slices buttered hot toast

Simmer tomatoes, beef and cheese together for 5 minutes, stirring until cheese is melted; add butter and pepper. Just before serving, stir in eggs and pour immediately over slices of toast. Approximate yield: 6 portions.

VEAL

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BROILED VEAL CHOPS

Select rib or loin chops, 1 inch thick; wipe with damp cloth and rub each side with oil or butter. Broil in moderate broiler (350°-375° F.) for 15 to 20 minutes, or until well done, turning chops when browned. Sprinkle with salt and pepper, and serve on hot platter with Lemon Butter (p. 164). Broiled veal, due to lack of natural fat, is apt to be dry.

WIENER SCHNITZEL

1½ pounds veal steak, ½ inch thick	1 egg, slightly beaten
1½ teaspoons salt	1 tablespoon water
½ cup flour	¾ cup fine bread crumbs
	lemon slices

Cut veal in 6 pieces and flatten with meat pounder; rub with salt, roll in flour, dip in egg mixed with water, and roll in crumbs. Brown in small amount of hot fat; cover and cook slowly 30 minutes. Serve with lemon slices. Yield: 4 to 6 portions.

SAUTÉED VEAL CHOPS

Select rib or loin chops or veal cutlets about 1 inch thick; wipe and roll in seasoned flour. Sauté slowly in small amount of fat in heavy frying pan until browned; cover and cook slowly about 30 minutes, turning occasionally. Allow 1 chop per portion.

VEAL STEAK MADEIRA

Sauté 2 pounds veal steak, 1 inch thick, in 2 tablespoons fat until browned, then cover and cook slowly 30 minutes, or until tender, turning frequently. Place on hot platter, sprinkle with salt and pepper, and spread with 2 tablespoons butter; pour Madeira Scallion Sauce (page 392) over and around steaks. Approximate yield: 6 portions.

VEAL EN BROCHETTE

Cut 1 pound veal steak, ½ inch thick, and ½ pound fat fresh pork, sliced thin, in 2-inch squares. Arrange alternate squares of veal and pork on small skewers, using about 4 veal and 3 pork pieces for each. Roll in seasoned flour and sauté in 3 tablespoons fat in heavy frying pan, turning to brown all sides; then cover and cook slowly ½ hour, or until tender, turning frequently. Serve with Brown Gravy (page 228). Approximate yield: 6 portions.

JELLY-GLAZED VEAL SAUTÉ

Cut 1½ pounds veal steak in 1-inch cubes and roll in seasoned flour. Sauté in 3 tablespoons fat until browned, then cook slowly, covered, about ½ hour, turning frequently. Heat ½ cup currant jelly until it melts and add ½ cup boiling water; pour over meat and cook until slightly glazed, stirring constantly. Serve on hot platter around a mound of boiled or steamed rice. Approximate yield: 6 portions.

VEAL KNOTS

1½ pounds veal steak, ½ inch thick ⅓ cup butter
 flour, seasoned ½ bay leaf
 ⅓ cup white wine

Cut veal steak in thin strips about 1 inch wide and 8 inches long; roll in seasoned flour and tie each strip in a knot. Sauté in butter until well browned, add bay leaf and cook slowly, covered, 20 minutes, turning occasionally. Add wine, heat just to the boiling point, season with salt and pepper to taste, and serve at once. Yield: 6 portions.

BREADED VEAL CUTLETS

Use 2 pounds veal steak, ½ inch thick; wipe with damp cloth and cut in pieces for serving. Sprinkle with salt and pepper; roll in flour, dip in 1 egg, beaten slightly with 1 tablespoon water, and roll in fine bread or cracker crumbs. Sauté slowly in ¼ cup fat until well browned, cover and cook slowly 30 minutes. Serve with Cream Sauce (page 378) or Tomato Sauce (page 382). Yield: 6 portions.

RICE AND VEAL CUTLETS

¾ pound veal, ground	6 stuffed olives, minced
6 tablespoons fat	1 teaspoon salt
2 cups cooked rice	1 egg, beaten
1 cup Thick White Sauce (page 91)	1 cup fine bread crumbs
Frontier Sauce (page 383)	

Sauté veal in 2 tablespoons fat until well browned; mix with rice, white sauce, olives, salt and egg, and cool. Shape in cutlets and roll in crumbs; sauté in remaining ¼ cup fat in heavy frying pan until lightly browned; cover and cook slowly 10 minutes. Serve with Frontier Sauce. Left-over cooked veal, ground, may be used in this recipe. Approximate yield: 6 portions.

VEAL ROAST

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Use loin, rib or rack, or leg of veal for roasting; wipe with damp cloth, rub with salt and pepper, and place in roaster with skin side up. Veal, which is low in fat and high in connective tissue, is likely to be more juicy if roasted in a covered pan in a slow oven; strips of fat salt pork or bacon may be placed across top to supply fat. To use a meat thermometer with a covered pan, see page 29 for instructions. Roast according to method I or II until well done; place on hot platter and serve with Brown Gravy (page 228), using part milk for liquid, or adding sour cream to gravy. At lowest temperatures, veal may be roasted uncovered. Allow about $\frac{1}{2}$ pound (meat and bone) per portion.

Method I (two temperatures)—Place meat in very hot oven (500° – 525° F.) and sear, uncovered, for 15 to 20 minutes; then reduce heat quickly to slow (260° – 325° F.), and roast, covered, until meat is well done, or meat thermometer registers 180° F. for inside of meat; allow 20 to 30 minutes per pound including searing time.

Method II (one temperature)—Place in moderately slow oven (300° – 350° F.) and roast, covered, until meat is well done, or meat thermometer registers 180° F. for inside of meat; allow 20 to 30 minutes per pound.

STUFFED VEAL SHOULDER

Have butcher remove bones from 5-pound shoulder of veal; wipe with damp cloth. Fill cavity with Nut-Prune Stuffing (page 397), roll and sew or tie in place. Lay on rack in roasting pan and bake, covered, in moderately slow oven (325° – 350° F.) until done; allow 20 to 25 minutes per pound; baste twice with melted fat using $\frac{1}{4}$ cup. Yield: 6 to 8 portions.

POT ROAST OF VEAL

Select a solid piece of veal from shoulder, chuck, or leg weighing from 3 to 5 pounds; wipe, sprinkle with salt and pepper, and dredge with flour. Brown on all sides in heavy frying pan or Dutch oven, using suet or bacon fat; add $\frac{1}{2}$ cup hot water, cover and simmer for 2 to $2\frac{1}{2}$ hours, or until meat is tender, turning occasionally. A low rack may be placed in bottom of kettle after meat is seared. Vegetables such as potatoes, carrots and onions may be added $\frac{1}{2}$ to $\frac{3}{4}$ hour before meat is done and should be turned to brown all sides. Place roast on hot platter and surround with vegetables; serve with brown gravy made from drippings in pan (page 228). Yield: 6 to 8 portions.

ANCHOVY LEG OF VEAL

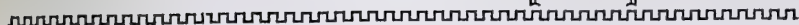
6 pounds leg of veal	1 medium-sized onion, sliced
6 boned anchovies, sliced	1 bay leaf
1 clove garlic, sliced	$\frac{3}{4}$ cup water
salt and pepper	$\frac{1}{2}$ cup butter
6 whole cloves	$\frac{1}{4}$ cup fine bread crumbs
	$\frac{1}{2}$ cup heavy cream

Trim and wipe leg of veal; make small incisions over surface and fill with strips of anchovies and garlic. Sprinkle with salt and pepper, and stick with cloves; cover with cloth and allow to stand 1 hour. Uncover, lay in roasting pan and put onion, bay leaf, water and $\frac{1}{4}$ cup butter around meat. Roast, covered, according to method I or II (page 239) until well done, allowing 25 minutes per pound; baste occasionally with liquid in pan. Turn meat over, dust with crumbs and dot with remaining $\frac{1}{4}$ cup butter; roast, uncovered, about 20 minutes longer, or until crumbs are browned, pouring cream over meat 10 minutes before removing from oven. Remove to hot platter; strain liquid in pan, thicken, if necessary, and serve with meat. Approximate yield: 12 portions.

VEAL BIRDS

$1\frac{1}{2}$ pounds veal steak, $\frac{1}{2}$ inch thick	salt and pepper
1 cube (1-inch) fat salt pork	1 tablespoon Worcestershire sauce,
$\frac{1}{2}$ cup soft bread crumbs	or 1 tablespoon lemon juice
1 egg yolk	flour
meat stock	3 tablespoons butter
	1 cup cream

Wipe veal, cut off skin and fat, and remove bone; pound meat until thin and cut in about 3 x 4-inch pieces. Grind veal trimmings and pork; mix with bread crumbs and egg, moisten with stock, and add $\frac{1}{4}$ teaspoon salt, dash of pepper and Worcestershire sauce. Spread stuffing over each piece of veal, roll and fasten with toothpicks. Sprinkle with salt and pepper, roll in flour and sauté in butter, turning to brown all sides; add cream and simmer, covered, about $\frac{1}{2}$ hour, or until tender. A small amount of left-over jam, jelly or marmalade may be added to gravy if desired. Serve hot with cream gravy in pan; thicken and add more cream, if necessary. Approximate yield: 6 portions, or 1 dozen meat rolls.



VEAL LOAF

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2 pounds veal	1½ teaspoons salt
¼ pound salt pork	⅛ teaspoon pepper
1 cup bread crumbs	1 egg, separated
1 teaspoon minced onion	1 cup milk or stock
1 tablespoon lemon juice	2 tablespoons butter
	¼ cup hot water

Use veal from shoulder or rump, and grind with salt pork; add crumbs, onion, lemon juice, seasonings, egg yolk and milk, and mix thoroughly. Pack in greased loaf pan, brush top with slightly beaten egg white and bake, uncovered, in moderate oven (350° F.) about 1½ hours, basting occasionally with mixture of butter and hot water. Serve hot or cold. Yield: 1 loaf, 9 x 5 x 3 inches, or 8 portions.

VEAL BIRDS CASSEROLE

Use Mushroom Stuffing (page 398) in recipe for Veal Birds (page 240); sprinkle lightly with salt and lay in greased casserole or baking pan. Brush with 2 tablespoons bacon fat, cover, and bake in moderate oven (350° F.) about 1 hour, basting occasionally with mixture of 2 additional tablespoons bacon drippings and ¼ cup hot water; remove cover the last 15 minutes of baking to brown rolls. Serve with brown gravy made from drippings in pan (page 228). Approximate yield: 6 portions, or 1 dozen meat rolls.

BRAISED VEAL

Select a 1½ pound steak or several cutlets about 1 inch thick; wipe and dredge with seasoned flour. Sauté in ¼ cup fat until well browned; add ¾ cup hot water, stock, or tomato juice, or 1 cup sour cream, and simmer, covered, for ¾ to 1 hour, or until meat is tender, turning it occasionally. Serve on hot platter with gravy in pan; thicken, if necessary, with roux of 1 tablespoon each butter and flour, and add enough liquid to make 1 cup. Approximate yield: 6 portions.

PRUNE-STUFFED VEAL BIRDS

Substitute cooked and pitted large prunes for stuffing in recipe for Veal Birds (page 240), using 1 prune for each roll; and substitute 3 tablespoons butter and ⅓ cup stock for cream. Place sautéed rolls in casserole, pour ¼ cup of butter-stock mixture over them, cover and bake in moderate oven (350° F.) for 30 to 40 minutes, or until tender, basting several times with remaining butter and stock. Approximate yield: 6 portions.

BRAISED VEAL WITH BACON

Pan-broil 8 slices bacon until crisp; remove and keep hot, and sauté 1½ pounds veal steak, dredged with seasoned flour, in drippings. Add ½ cup hot water and simmer, covered, ½ hour; add 1 cup sour heavy cream, sprinkle with 1 teaspoon paprika and simmer 15 minutes longer. Serve on hot platter with cream gravy. Yield: 6 portions.

VEAL "SCHNITZEL"

Cut 1½ pounds veal steak, ½ inch thick, in 6 pieces; dredge with seasoned flour, sauté in ¼ cup butter until browned, cover and cook slowly 15 minutes. Add 3 tomatoes, peeled and cut in sections, and 1 cup sour cream, and simmer 15 minutes; then add ½ cup chopped mushrooms, sprinkle with 6 tablespoons Parmesan cheese and simmer 15 minutes longer. Approximate yield: 6 portions.

"BOILED" VEAL

Use neck, shoulder, breast, ends of ribs or knuckle; wipe and add boiling water to barely cover meat. Bring to a boil and simmer, covered, for 1 to 2 hours according to thickness of piece, or until meat is tender, adding ½ teaspoon salt per pound when half done. Dredge with flour, sauté in fat and serve with Brown Gravy (page 228), or use as "boiled" veal in stews, fricassees or left-over veal dishes.

VEGETABLE VEAL PIE

1½ pounds veal	boiling water
6 tablespoons flour	¾ cup diced celery
1 teaspoon salt	¾ cup diced carrots
dash of pepper	4 small onions, sliced
¼ cup fat	2 tablespoons cold water

Baking Powder Biscuits (page 114)

Use veal from shoulder, chuck or breast; wipe and cut in 1-inch pieces. Dredge with ¼ cup flour mixed with salt and pepper, and sauté in 2 tablespoons fat until well browned, stirring frequently. Cover with hot water and simmer, covered, 1½ hours, or until tender, adding vegetables the last ½ hour of cooking. Thicken with paste made of remaining 2 tablespoons flour and cold water; turn into heated individual casseroles or 1 large one. Roll biscuit dough ½ inch thick, cut with cutter and place biscuits on top. Bake in hot oven (450° F.) about 15 minutes, or until browned. Approximate yield: 6 portions.

VEAL STEW

2 pounds neck of veal, cut in pieces	1½ teaspoons salt
boiling water	⅛ teaspoon pepper
⅛ teaspoon thyme	2 cups canned peas
6 medium-sized potatoes, diced	3 tablespoons flour
6 medium-sized carrots, diced	3 tablespoons cold water
½ recipe Baking Powder Biscuits (page 114)	

Wash veal and cover with boiling water; add thyme and simmer, covered, 2 hours, or until tender. Add potatoes, carrots and seasonings, and cook ½ hour longer; add peas and thicken with flour and water mixed to a smooth paste. Prepare and bake biscuits, split and cover with veal stew. Approximate yield: 6 portions.

MOCK CHICKEN CURRY

1½ pounds breast or neck of veal	½ teaspoon curry powder
boiling water	¼ cup cold water
1 teaspoon salt	1 tablespoon chopped parsley
2 tablespoons flour	3 cups boiled rice

Wipe veal and cut in small pieces; cover with boiling water and simmer, covered, about 2 hours, or until tender, adding salt when half done. Thicken stock with paste made of flour, curry powder and water. Add parsley and serve with a border of rice. Approximate yield: 6 portions.

PRESSED VEAL

2½ pounds veal	2 teaspoons salt
½ pound pork	¼ teaspoon pepper
boiling water	1 slice onion
1 stalk celery	

Use veal from chuck, breast, or neck, and fat fresh pork from side, back, or shoulder; wipe with damp cloth and place in kettle. Cover with boiling water and boil 5 minutes; skim and simmer, covered, about 2 hours, or until meat is very tender, adding salt and pepper when half done. Remove meat from bones and put through food chopper with onion and celery; return to stock and cook until thick but moist, stirring constantly; pack in loaf pan and chill thoroughly. Unmold and cut in slices for serving; this makes an excellent luncheon or picnic meat. Yield: 1 loaf, 9 x 5 x 3 inches, or 8 to 10 portions.

LAMB AND MUTTON

BROILED LAMB OR MUTTON CHOPS

Select single or double chops of uniform thickness from loin, ribs or shoulder; remove fell or outer skin and excess fat, and wipe with damp cloth. Lay chops on greased rack in broiling pan and broil in hot broiler preheated 5 to 10 minutes, as directed in method I or II, according to thickness of chops. Spread chops with butter, sprinkle with salt and pepper, place on hot platter and garnish with parsley or watercress. Serve with Butter and Lemon Sauce (page 383), Mint Sauce (page 387), Horseradish Sauce (page 376), or mint jelly as desired. Allow 1 thick or 2 thin chops per portion.

Method I (two temperatures)—Place broiler pan with chops on rack 2 to 3 inches below a gas flame or a red electric unit with temperature control set at 500° F.; leave door ajar. Sear quickly on both sides; then reduce heat slightly and continue broiling to desired degree of doneness (table, page 30), turning occasionally without piercing meat. Cook chops 10 to 15 minutes if $\frac{3}{4}$ to 1 inch thick; 18 to 25 minutes if $1\frac{1}{2}$ inches thick; and 28 to 35 minutes if 2 inches thick. Or place in moderately hot oven (375°–400° F.) to finish cooking, allowing time as for broiling.

Method II (one temperature)—Place broiler pan with chops on rack in preheated broiler as in method I, but with temperature control at 350° F., or with moderate heat; if higher temperature is used, place meat lower from broiling unit. Turn chops when half done to desired degree of doneness (table, page 30).

LAMB CHOPS WITH MUSHROOMS

$\frac{1}{2}$ pound large mushrooms	3 tablespoons butter
1 egg, slightly beaten	6 lamb chops
fine cracker crumbs	buttered hot toast
	parsley

Wash mushrooms, dry and cut in halves lengthwise through caps and stems. Dip each half in egg, roll in crumbs and fry slowly in butter in heavy frying pan about 10 minutes, or until golden brown, turning frequently; remove and keep hot. Sauté chops slowly in drippings in pan, allowing 12 to 18 minutes. Serve on buttered toast, placing mushrooms over chop so as to completely cover it. Garnish with parsley. Approximate yield: 6 portions.

PAN-BROILED LAMB OR MUTTON CHOPS

Remove superfluous fat from each chop, place in sizzling-hot heavy frying pan and sear quickly on both sides, turning thick chops on edge to brown fat; then reduce heat and cook to desired degree of doneness (page 30), allowing time as for broiling (page 244). Turn chops occasionally and pour off excess fat to broil and not fry meat. Very thick chops, when seared, may be placed in moderately hot oven (375°–400° F.) to finish cooking. Spread with butter, sprinkle with salt and pepper, place on hot platter, garnish as desired and serve at once.

MODIFICATIONS OF BROILED CHOPS

(Use recipe on page 244)

Frenched Lamb Chops—Use rib chops; scrape meat and fat down from end of rib, wrap flank end around meat and fasten with toothpicks. Broil or pan-broil; place paper frill on end of each bone, if desired.

Broiled Lamb Chops with Orange Slices—When chops are half done, sprinkle with salt and pepper, and place an orange slice on each; brush with melted butter and finish broiling. Place on hot platter and garnish with parsley.

PLANKED LAMB CHOPS WITH PINEAPPLE

Sear 6 chops quickly on both sides, then place each on a slice of cooked pineapple arranged on a greased hot plank; brush with butter and sprinkle with salt and pepper. Bake in moderately hot oven (375°–400° F.) to desired degree of doneness, allowing time as for broiling (page 244); baste once with melted butter. Drain 1 cup diced, canned pineapple and sauté in 2 tablespoons butter until lightly browned; heap on chops just before serving and garnish with fresh mint. Substitute broiled sliced tomatoes for diced pineapple, if desired, placing 1 slice on each chop. Yield: 6 portions.

LAMB EN BROCHETTE

1½ pounds lamb, ½ inch thick	pepper
6 slices canned pineapple	½ cup butter, melted
salt	¾ cup fine cracker crumbs
6 slices whole wheat toast	

Choose steak from shoulder or leg; cut meat and pineapple in 1-inch squares. Alternate pieces on skewers and sprinkle with salt and pepper; dip in melted butter and roll in crumbs. Broil under moderate heat (page 30); turn often; serve on toast. Yield: 6 portions.



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BROILED LAMB PATTIES

1 $\frac{1}{3}$ pounds lean lamb or mutton	6 slices bacon
1 teaspoon salt	6 slices tomatoes
$\frac{1}{4}$ teaspoon pepper	melted butter

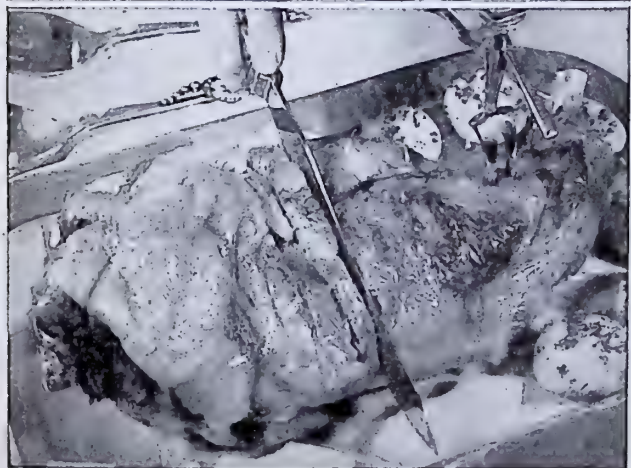
Use lean meat from breast, neck, shank or shoulder for grinding, season and shape into patties about 1 inch thick; wrap a strip of bacon around each and fasten with small skewers or toothpicks. Broil as directed (page 244); when seared on both sides, top each with a slice of tomato, brush with butter and continue broiling until tomato is browned. Stewed apricot halves or cooked pineapple slices may be substituted for tomato. Yield: 6 portions.

ROAST LEG OF LAMB

Select leg of lamb with or without part of loin; do not remove fell or thin skin which protects meat and shortens roasting time. Wipe with damp cloth; if desired, sprinkle well with seasoned flour. Lay meat skin side down on rack in roaster or open pan; insert a meat thermometer into the thick round of muscle so that bulb is directly in center of muscle. If lamb is very lean, lay several strips of bacon or fat salt pork on top. Roast, uncovered, according to method I or II. Place on hot platter and garnish as desired. Serve with gravy made from drippings (page 228) and Currant Orange Sauce (page 388) or Mint Sauce (page 387). Cuts from the loin, rack, the breast and shoulder, boned and rolled, may be roasted by these methods; they require additional time per pound for total roasting. Allow about $\frac{3}{4}$ pound per portion.

Method I (two temperatures)—Place roast in very hot oven (450°–500° F.) and sear for $\frac{1}{2}$ hour, or until browned; then reduce heat rapidly to slow (300°–325° F.) and continue roasting until thermometer registers desired degree of doneness for inside of meat (table, page 28): bake 25 to 30 minutes per pound for medium-done meat; 30 to 35 minutes per pound for well-done meat. If meat is dry, baste occasionally with drippings in pan. A 5-pound leg will require from 2 $\frac{1}{2}$ to 3 hours and a 7-pound leg from 3 $\frac{1}{2}$ to 4 hours.

Method II (one temperature)—Place roast in moderately slow oven (300°–350° F.) and roast until thermometer registers desired degree of doneness for inside of meat (table, page 28): bake 25 to 30 minutes per pound for medium-done meat; 30 to 35 minutes per pound for well-done meat



CARVING A ROLLED ROAST AND A LEG OF LAMB

Top: A rolled roast is carved in thin slices *across* the grain, the knife held horizontally to the platter, the fork in a firm position at the left of the knife.

Bottom: A leg of lamb or a baked ham is carved *vertically* in medium-thick slices, commencing at the center and thick, fleshy portion of the leg. The tip of the bone points to the left of the carver. See directions for carving (page 216).

Rub leg or shoulder of lamb, boned and rolled, with 1 bunch of mint, finely chopped, and sprinkle with salt and pepper. Roast as directed (page 246), basting meat frequently the last hour of roasting with $\frac{1}{2}$ cup grape jelly dissolved in $\frac{1}{2}$ cup hot water. Serve on hot platter with gravy made by thickening liquor in pan with 2 tablespoons flour and $\frac{1}{4}$ cup water mixed to a smooth paste.

Have butcher remove bone from leg. Fill cavity with Vegetable Stuffing (page 397); sew or tie securely. Prepare and roast as directed (page 246). Serve with gravy made from drippings. Whole breast of lamb may be used instead of leg; bone, stuff and roast as directed.

1 crown of lamb or mutton salt and pepper
chopped onion

The crown of lamb is prepared by the butcher from the rack and usually contains from 12 to 15 ribs; wipe with damp cloth and sprinkle with salt and pepper. Season ground meat prepared from trimmings with salt, pepper and chopped onion, and place in crown of roast; tie a strip of salt pork around end of each rib to prevent it from charring. Roast according to method I or II given for Roast Leg of Lamb (page 246); it will take from 1½ to 2 hours. Remove salt pork and cover ends of ribs with paper frills; place on hot platter and garnish as desired. Serve with brown gravy made from drippings (page 228). If prepared without filling, place a small bowl or glass in crown to keep meat in shape during roasting. To serve, fill center of crown with vegetables such as mashed potatoes or potato balls, peas, or peas and diced carrots, or whole cauliflower, cooked and sprinkled with crumbs sautéed in butter. Allow 2 ribs to 1 portion.

Select a shoulder weighing 3 to 4 pounds and have it boned; use bone for stock. Wipe meat, sprinkle inside of pocket with salt and pepper, and stuff with Bread Stuffing (page 396); roll and sew edges together or fasten with skewers. Rub surface with salt and pepper and dredge lightly with flour; place in roasting pan or on rack in open pan. Roast according to method I or II (page 246), allowing 30 to 35 minutes per pound. Serve hot with brown gravy made from drippings and stock from bone (page 228). Approximate yield: 6 portions.

SAUSAGE-STUFFED MUTTON CHOPS

2 navel oranges	6 link sausages
6 mutton chops	$\frac{3}{4}$ teaspoon salt

Grate rind from oranges and cut each into 3 thick slices. Remove bones from chops and wrap each around a sausage; fasten securely with skewers. Lay orange slices in greased baking pan; place a stuffed chop on each and sprinkle with salt and grated orange rind. Bake in moderate oven (350° F.) for 45 to 60 minutes, depending on size of chops. Yield: 6 portions.

BRAISED BREAST OF MUTTON

Breast may be cooked with or without boning; if shank is included, have butcher remove bone and excess fat, and roll meat. Wipe meat with damp cloth, rub surface with salt and pepper, and sear on all sides in a small amount of fat. Add 1 cup boiling water and bake, covered, in slow oven (300° F.) for 2 to 3 hours, or until meat is tender; add 1 small onion, sliced, the last half hour and bake uncovered to brown meat. Serve with brown gravy made from drippings in pan (page 228). The boned breast may be stuffed with Savory Stuffing (page 396), if desired. Leg of mutton, with or without boning, may be braised in this way; additional vegetables such as carrots and turnips may be added. Allow $\frac{1}{2}$ to $\frac{3}{4}$ pound per portion.

ITALIAN LAMB CUTLETS

6 lamb chops, $\frac{1}{4}$ inch thick	2 egg yolks
1 tablespoon chopped parsley	1 tablespoon water
1 blade mace	1 tablespoon flour
6 tablespoons butter	1 tablespoon lemon juice
$1\frac{1}{2}$ cups milk	$\frac{1}{2}$ teaspoon salt
$\frac{1}{2}$ cup fine bread crumbs	dash of pepper

3 cups green peas, cooked and seasoned

Use shoulder or sirloin lamb chops and wipe with damp cloth. Add with parsley, mace and 2 tablespoons butter to milk, and simmer, covered, 1 hour; drain and reserve milk mixture for gravy. Roll each chop in crumbs, dip in mixture of 1 egg yolk, slightly beaten with water, and roll again in crumbs; sauté in 2 tablespoons butter until browned on both sides, and remove to hot platter. Add roux of remaining 2 tablespoons butter and flour to milk mixture and cook 5 minutes, stirring until thickened; gradually stir into remaining egg yolk, slightly beaten, and lemon juice; add seasonings, strain and pour over cutlets. Serve surrounded with well-seasoned peas. Yield: 6 portions.

LAMB CHOP CASSEROLE

12 small lamb chops	6 onions, peeled
6 small tomatoes, peeled	18 raw potato balls
6 small apples, peeled and cored	boiling water

Pan-broil lamb chops until lightly browned; place 2 chops, 1 tomato, 1 apple, 1 onion and 3 potato balls in each of 6 heated individual casseroles. Add about 3 tablespoons water to each casserole, cover and bake in moderate oven (350° F.) about 45 minutes. Yield: 6 portions.

LAMB AND LIMA BEAN CASSEROLE

1½ pounds lamb or mutton	1 teaspoon salt
¼ cup flour	⅛ teaspoon pepper
3 tablespoons drippings, or bacon fat	2 cups stewed tomatoes
1 cup boiling water	2 cups fresh lima beans

Use meat from neck or breast; cut in 1-inch cubes, roll in flour and sauté in drippings until browned; add water and seasonings, and simmer about 2 hours, or until meat is tender. Add tomatoes and beans, bring to a boil and turn into casserole; bake, covered, in moderate oven (350° F.) about ½ hour, or until beans are soft. Approximate yield: 6 portions.

IRISH STEW WITH DUMPLINGS

2 pounds lamb or mutton	1 medium-sized onion, sliced
boiling water	1 teaspoon salt
1 cup diced raw carrots	¼ teaspoon pepper
½ cup diced raw turnip	½ bay leaf
½ recipe Baking Powder Biscuits (page 114)	

Choose meat from shank, neck, shoulder, breast or flank; wipe with damp cloth and cut in small pieces. Cover with boiling water and simmer, covered, 2 hours; add vegetables and seasonings, and cook ½ hour longer. Drop biscuit dough by spoonfuls on top of mixture; cover tightly and cook 15 minutes; serve at once. Approximate yield: 6 portions.

BOILED LAMB OR MUTTON

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Select a cut from shoulder or breast of lamb or mutton, or leg of mutton; trim and wipe with damp cloth. Cover meat with boiling water, boil 5 minutes, skim and simmer, covered, until meat is tender, adding $\frac{1}{2}$ teaspoon salt per pound of meat when half done: simmer smaller cuts for $1\frac{1}{2}$ to 2 hours; simmer leg for 3 to $3\frac{1}{2}$ hours; use stock for soup. For variation add 1 bay leaf, 1 sprig of thyme and 2 peppercorns with salt to stock. Serve hot with Caper Sauce (page 389), or with brown gravy made from stock (page 228). Allow $\frac{1}{2}$ to $\frac{3}{4}$ pound per portion.

YORKSHIRE LAMB HOTPOT

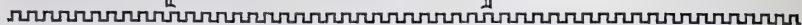
6 lamb shoulder chops	$\frac{1}{2}$ teaspoon salt
$1\frac{1}{2}$ tablespoons butter	$\frac{1}{8}$ teaspoon black pepper
4 cups milk, scalded	2 tablespoons butter
12 small white onions	2 tablespoons flour
12 small potatoes	parsley

Trim off excess fat from chops and brown in butter in heavy frying pan; add milk, onions, potatoes, salt and pepper, cover and simmer about $\frac{1}{2}$ hour, or until vegetables are soft. Arrange chops, onions and potatoes on hot platter, and serve with gravy made by thickening liquid in pan with roux of butter and flour; garnish with parsley. Yield: 6 portions.

LAMB AND APRICOT STEW

2 cups dried apricots	$2\frac{1}{2}$ pounds lamb, neck or breast
cold water	boiling water
Dumplings (page 401)	

Wash apricots and soak in cold water to cover for 2 hours. Wipe meat with damp cloth, cut in pieces, cover with boiling water and simmer, covered, 1 hour. Add apricots and liquid, and continue cooking 1 hour, stirring occasionally to prevent scorching. Drop dumplings by spoonfuls on top of stew, cover tightly and cook 10 minutes. Arrange on hot platter with meat in center surrounded by apricots and dumplings. Approximate yield: 6 portions.



SPANISH LAMB STEW

2 quarts hot water	1 teaspoon salt
2 pounds breast of lamb	¼ teaspoon pepper
2 tablespoons fat	1½ cups canned tomatoes
1 large onion, chopped	1 cup canned peas
1 green pepper, chopped	1 egg, beaten
½ cup raw rice	1 teaspoon olive oil
	½ teaspoon vinegar

Wipe lamb and cut in small pieces. Sauté in fat, add hot water and simmer, covered, 1½ hours; add onion, green pepper, rice and seasonings, bring to a boil and simmer ½ hour longer, or until vegetables and rice are done, adding tomatoes and peas the last 10 minutes of cooking. Combine egg, olive oil and vinegar; add to stew and serve at once. Approximate yield: 6 portions.

CURRY OF LAMB OR MUTTON

2 pounds lean lamb	¼ cup flour
2 teaspoons salt	2 teaspoons curry powder
⅛ teaspoon pepper	3 cups hot lamb stock
6 tablespoons butter	3 tablespoons lemon juice
1 cup boiling water	¼ cup shredded coconut
3 medium-sized onions, chopped	4 cups hot cooked rice, seasoned

Use meat from shoulder, chuck or breast; cut in 1-inch squares, sprinkle with salt and pepper, and sauté slowly in 2 tablespoons butter in large frying pan until lightly browned, turning frequently. Add hot water and simmer, covered, for 1 hour. Sauté onions slowly in remaining ¼ cup butter until light yellow, stir in flour and brown slightly; add curry powder, then add stock gradually and cook until thickened, stirring constantly. Pour over meat and mix well; cover and simmer about ½ hour, or until meat is tender; add lemon juice and coconut. Arrange border of rice on round or chop plate and fill center with curried meat. If desired, 3 cups hot water and 2 beef bouillon cubes may be substituted for stock. To use left-over cooked lamb or mutton for raw meat, sauté 3 cups diced meat with onions, prepare gravy with 4 cups stock and simmer all until onions are soft. Approximate yield: 6 portions.

PORK—FRESH AND CURED

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BROILED PORK CHOPS

Use rib, loin or shoulder chops, $\frac{3}{4}$ to 1 inch thick; wipe with damp cloth, lay on greased rack in broiling pan and sear quickly on both sides, then reduce heat to moderately slow (325° F.), or lower chops from flame, and cook 15 to 18 minutes longer, turning frequently. Sprinkle with salt and pepper, and serve with a sauce such as Creole Sauce (page 383). Allow 1 chop per portion.

PORK CHOPS WITH ORANGES

Broil chops as directed (see above); when nearly done, season and top each with a slice of orange; brush with melted butter and continue broiling until orange is browned. Sprinkle with paprika. Allow 1 chop per portion.

BARBECUED SPARERIBS

3 pounds spareribs	1/3 cup chili sauce
1/3 cup water	3 tablespoons horseradish
3/4 cup vinegar	3 tablespoons Worcestershire sauce
1/3 cup butter	1/2 teaspoon salt
	dash of cayenne

Wipe spareribs and crack bones across middle; lay on broiler rack and place under low flame or heating unit in preheated broiler. Broil very slowly about $\frac{1}{2}$ hour, or until brown and crisp, basting occasionally with sauce made by heating together remaining ingredients. Use sauce left from basting for gravy. Approximate yield: 6 portions.

DEVEILED PORK FILLETS

2 pork tenderloins, each cut in 6 pieces	2 tablespoons walnut ketchup
salt and pepper	1 1/2 teaspoons Worcestershire sauce
3 tablespoons butter	1 teaspoon prepared mustard
2 tablespoons chili sauce	1/4 teaspoon onion salt
	1/4 teaspoon paprika
	1/3 cup boiling water

Flatten pieces of tenderloin, sprinkle with salt and pepper, and sauté in butter until browned and almost tender, then place in baking pan; add remaining ingredients to drippings and pour over meat. Bake in moderate oven (350° F.) about 15 minutes. Yield: 6 portions.

FRENCHED PORK TENDERLOIN FILLETS

Cut tenderloin crosswise in 2-inch pieces; place each between pieces of waxed paper and flatten with wooden masher, mallet or back of meat tenderer. Sprinkle with salt, pepper and flour, sauté in butter until well browned and remove to baking dish. Add $\frac{1}{2}$ cup light cream to drippings, bring to a boil and pour over meat, simmer, covered, or bake, covered, in moderate oven (350° F.) about $\frac{1}{2}$ hour, or until tender. One large tenderloin can be cut in 6 pieces. Allow 1 to 2 pieces per portion.

TENDERLOIN ROLLS

2 pork tenderloins (about)	Potato Stuffing (page 399)
salt and pepper	6 strips bacon
	$\frac{1}{4}$ cup boiling water

Cut each tenderloin in 3 pieces about 4 inches long; split each lengthwise, being careful not to cut through; spread open, place between pieces of waxed paper and flatten with mallet. Sprinkle with salt and pepper, cover with stuffing, roll and tie securely, and lay in uncovered baking pan. Place a bacon strip on each, add hot water and bake in moderate oven (350° F.) about 1 hour, or until tender. Yield: 6 portions.

SAUTÉED PORK CHOPS

Use rib, loin or shoulder chops, $\frac{3}{4}$ to 1 inch thick; wipe with damp cloth and sear quickly on both sides in hot frying pan. Pour off fat, sprinkle with salt and pepper, cover and cook slowly about 20 minutes, or until tender, turning frequently; it will take about 25 minutes to sear and cook chops. Remove to hot platter; prepare gravy from drippings (page 228), or sauté sliced apples, pineapple slices or sliced tomatoes in drippings, and serve with chops. Allow 1 chop per portion.

BRAISED PORK CHOPS

Wipe 6 pork shoulder chops with damp cloth, sprinkle with salt and pepper, and dust lightly with flour; sear quickly in hot heavy frying pan, add 1 cup boiling water, tomato juice or hot milk, and 1 small onion, minced, cover and cook slowly for 30 to 45 minutes, or until tender, turning frequently; or bake, covered, in moderate oven (350° F.) about 40 minutes. Remove chops to hot platter, add liquid to drippings in pan to make 2 cups and thicken with 3 tablespoons flour and 3 tablespoons water mixed to a smooth paste; season to taste and serve over chops. Yield: 6 portions.

CRANBERRY PORK CHOPS

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6 pork chops	4 cups cranberries, ground
½ teaspoon salt	¾ cup honey
	½ teaspoon cloves

Brown chops quickly on both sides in hot frying pan and sprinkle with salt; place 3 chops in greased baking dish. Combine cranberries, honey and cloves; spread ½ over chops in baker. Arrange remaining 3 chops on top and cover with remaining cranberry mixture. Cover and bake in moderate oven (350° F.) about 1 hour. Yield: 6 portions.

PORK CHOPS WITH SAVORY STUFFING

6 loin chops, 1 inch thick	¼ teaspoon paprika
1½ teaspoons salt	1½ cups milk, scalded
Savory Stuffing (page 396)	

Wipe chops and brown in heavy frying pan; place in large casserole, season with salt and paprika, and add hot milk. Bake, covered, in moderate oven (350° F.) about 45 minutes. Cover each chop with dressing and bake, uncovered, ½ hour longer, or until stuffing is browned and milk absorbed by chops. Yield: 6 portions.

PORK CHOPS CASSEROLE

6 pork chops, ½ inch thick	4 medium-sized sweet potatoes,
1 teaspoon salt	peeled and sliced
⅛ teaspoon pepper	1 teaspoon Worcestershire sauce
4 medium-sized sour apples, peeled	few drops tabasco sauce
and sliced	4 strips bacon
1 cup water	1 medium-sized onion, chopped

Wipe chops and brown in hot frying pan; place in casserole, sprinkle with half the salt and pepper, and place apples and potatoes in layers on chops. Sprinkle with remaining salt and pepper, and add water mixed with Worcestershire sauce and tabasco. Fry bacon, remove, and brown onion in bacon fat. Spread onions over mixture in casserole and arrange bacon strips on top; cover and bake in moderately hot oven (375° F.) about 1½ hours. Yield: 6 portions.

PORK ROAST

Select cut from loin, ham, shoulder or butt (see table, page 912), for suitable cuts). Wipe with damp cloth, rub with salt if desired, 1 teaspoon for each pound of meat, and sprinkle with pepper. Place roast fat side up in open roaster or pan; make an incision with metal skewer or pointed knife and insert meat thermometer so that its bulb is in the center of roast. Roast, uncovered, according to method I or II until meat is well done and crust is browned and crisp, but not hard and dry. Place on hot platter and serve with gravy made from drippings (page 228). Allow $\frac{1}{3}$ to $\frac{1}{2}$ pound (meat and bone) per portion.

Method I (two temperatures)—Place meat in very hot oven (500° – 525° F.) and sear for 15 to 20 minutes, or until browned, then reduce heat quickly to slow (300° – 325° F.) and continue roasting until thermometer registers 185° F. for inside of meat (table, page 28), or until meat is well done. Allow 25 to 30 minutes per pound for large roasts and 40 to 50 minutes for small roasts and boned and rolled roasts.

Method II (one temperature)—Place meat in moderately slow oven (325° – 350° F.) and roast until thermometer registers 185° F. for inside of meat (table, page 28), or until meat is well done. Allow about 25 to 30 minutes per pound, and 40 to 50 minutes for small roasts and bone roasts.

PORK CROWN ROAST

Use rib section of two pork loins; see Crown Roast of Lamb (page 248) for directions. A 16-rib loin of pork will weigh about $4\frac{1}{2}$ pounds. Sprinkle inside lightly with salt and pepper, and fill center with Cranberry Stuffing (page 396). Roast according to method I or II (see above). Transfer to a hot platter, decorate tops of ribs with paper frills and garnish with radish roses and parsley. Use other stuffing as desired, or roast plain and fill center with mashed potatoes when ready to serve. Serve with gravy made from drippings (page 228). Approximate yield: 10 portions.

BAKED PORK TENDERLOIN

Wipe tenderloin and split lengthwise, being careful not to cut through; spread open, place between pieces of waxed paper and flatten with mallet. Sprinkle with salt and pepper, cover with 1 cup Bread Stuffing (page 396) mixed with $\frac{1}{2}$ cup chopped apple, roll and tie securely; place in uncovered pan. Roast according to method I or II (see above), allowing 50 to 60 minutes. Serve with Cream Gravy (page 378). Approximate yield: 4 portions.

ROAST SUCKLING PIG

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1 suckling pig, about 10 lb.	¼ cup butter
Sage or Onion Stuffing (page 397)	1 bunch watercress
salt	1 small, red apple
hot water	2 cranberries

Choose suckling pig not more than 5 or 6 weeks old; have butcher clean it thoroughly; rinse inside and dry. Fill inside loosely with stuffing, then sew securely, tie legs in place and put pig in kneeling position in roasting pan. Sprinkle with salt, pour about 1 cup hot water in bottom of pan and lay a piece of cooking parchment or greased heavy paper over pig. Roast in moderately hot oven (325°–350° F.) about 3½ hours, basting frequently with butter, hot water and drippings to keep skin from cracking. Remove paper ½ hour before meat is done. Put pig in kneeling position on hot platter on bed of watercress; place apple in mouth and cranberries in eye sockets. To carve pig, cut at right angles to backbone down to the bone, making cuts about 1 inch apart. Run the knife along the backbone and under meat to loosen, then lift off each piece. Approximate yield: 10 portions.

STUFFED FRESH HAM

1 fresh ham, 6 to 8 pounds	Mushroom Stuffing (page 398)
salt and pepper	2 cups sweet cider

Have ham boned at market; wipe with damp cloth and sprinkle lightly with salt and pepper. Fill with stuffing, roll and tie securely; place in uncovered roasting pan and insert meat thermometer into center of leg. Roast according to method I or II (page 256), pouring cider over ham after ½ hour of baking; baste frequently with drippings and allow from 3 to 3½ hours for roasting. Serve with gravy made from drippings (page 228). Approximate yield: 12 portions.

BAKED SPARERIBS

Have butcher crack sheet or half sheet of spareribs through center to make carving easier. Wipe with damp cloth and sprinkle with salt and pepper; flour may be sprinkled lightly over surface. Place in shallow baking pan and roast as for Pork Roast, method I or II (page 256), allowing about 1 hour for sheet of ribs and 1½ hours if stuffed and put together in pairs. Serve with brown gravy made from drippings in pan (page 228). Allow from ½ to ¾ pound per portion.

MODIFICATIONS OF BAKED SPARERIBS

(Use recipe on page 257)

Stuffed Spareribs—Use two whole or half sheets of spareribs, or if one sheet is used have it cracked along both sides so that ends may be folded up over center piece. Place stuffing over sheet or center of sheet using Onion Stuffing (page 397), Bread-Ham Stuffing (page 400) or any desired stuffing; put sheets together or fold sides up over center and sew together or tie.

Spareribs with Sauerkraut—Serve baked spareribs with cooked sauerkraut (page 480). If desired, place sauerkraut over ribs when baked $\frac{3}{4}$ hours, cover and bake about $\frac{1}{2}$ hour longer, adding a small amount of hot water if sauerkraut is dry. Use about 1 quart sauerkraut with 3 pounds spareribs.

BOILED SPARERIBS AND SAUERKRAUT

3 pounds spareribs, cut in pieces

boiling water

$\frac{1}{2}$ teaspoon salt

4 cups sauerkraut, drained

Wipe spareribs, place in large kettle, add salt, cover with boiling water and simmer, covered, $\frac{1}{2}$ hour. Add sauerkraut, bring to a boil and cook, uncovered, $\frac{1}{2}$ hour. Drain slightly and serve on hot platter. Approximate yield: 6 portions.

CHINESE CHOP SUEY

$\frac{1}{2}$ pound lean pork

2 tablespoons water

2 tablespoons fat

1 can (No. 2 $\frac{1}{2}$) bean sprouts,
drained

1 cup diced celery

1 teaspoon salt

$\frac{3}{4}$ cup sliced onions

dash of pepper

1 cup chicken bouillon

dash of paprika

$\frac{1}{4}$ pound mushrooms, sliced

$\frac{1}{4}$ teaspoon sugar

1 tablespoon cornstarch

3 cups Boiled Rice (page 420)

Cut pork in small pieces and brown in fat; add celery, onions and bouillon, cover and simmer 20 minutes; add mushrooms and paste made of cornstarch and water, and cook 10 minutes, stirring until thickened. Add bean sprouts and seasonings, and heat thoroughly; serve hot with boiled or steamed rice. If desired, 2 tablespoons soy sauce may be added to chop suey for additional flavoring. Approximate yield: 6 portions.

BROILED HAM

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Cut rind off slice of smoked ham and cut edges of fat in several places to prevent curling; lay on rack in broiling pan and broil at moderate heat (350° F.) for 10 to 30 minutes according to thickness of slice, turning frequently. Allow 10 minutes for slice $\frac{1}{4}$ inch thick; 20 minutes for slice $\frac{1}{2}$ to $\frac{3}{4}$ inch thick; and $\frac{1}{2}$ hour for slice 1 inch thick. Allow $\frac{1}{4}$ to $\frac{1}{2}$ pound per portion.

FRIED HAM

Trim rind off slice of smoked ham. Rub moderately hot heavy frying pan with ham fat and brown slice on both sides; cover, cook slowly until tender, turning several times. Allow about 10 minutes for slice $\frac{1}{4}$ inch thick; 15 to 20 minutes for slice $\frac{1}{2}$ to $\frac{3}{4}$ inch thick; and $\frac{1}{2}$ hour for slice 1 inch thick.

HAM WITH CREAM GRAVY

Brown 1 large slice of smoked ham, $\frac{3}{4}$ inch thick, on both sides and pour off fat; cover ham with 2 cups Thin White Sauce (page 91) seasoned only with 1 teaspoon sugar and $\frac{1}{2}$ teaspoon dry mustard, and simmer, covered, $1\frac{1}{2}$ hours, turning occasionally. Add milk as needed to keep ham nearly covered. Approximate yield: 6 portions.

HAM, COUNTRY STYLE

Brown 1 large slice of ham, $1\frac{1}{2}$ inches thick, on both sides; add 1 large onion, chopped, 6 carrots, sliced, 2 tablespoons raisins, 6 thin strips orange peel and 1 cup water, cover and simmer $1\frac{1}{2}$ hours. Mix 1 tablespoon flour and $\frac{1}{2}$ cup orange juice to a smooth paste; add to ham and liquid, and cook 5 minutes, stirring until thickened. Serve immediately. Approximate yield: 6 portions.

HAM CUTLETS WITH APPLE RINGS

3 slices ham, $\frac{1}{2}$ inch thick	$\frac{3}{4}$ cup pineapple juice
6 tablespoons brown sugar	3 apples, cored
3 tablespoons bread crumbs	3 tablespoons fat

Cut slices of ham in halves; parboil 10 minutes and place over bottom of baking pan. Cover pieces with brown sugar and sprinkle with bread crumbs; pour pineapple juice over all. Bake, uncovered, in moderate oven (350° F.) about 25 minutes, basting occasionally. Cut apples in rings and sauté in fat until lightly browned; serve with ham. Yield: 6 portions.

260 MODIFICATIONS OF HAM CUTLETS WITH APPLES

(Use recipe on page 259)

Ham Cutlets with Apricots—Substitute $1\frac{1}{2}$ cups dried apricots for apples; soak apricots in hot water 20 minutes, place around ham slices in baking pan and bake as directed.

Ham Cutlets with Pineapple—Substitute 6 canned pineapple slices for apples; when ham has baked 20 minutes, arrange pineapple slices on top, sprinkle with additional brown sugar, dot with 2 tablespoons butter and continue baking about 15 minutes, or until pineapple is glazed.

BAKED HAM WITH GINGER PEARS

1 cup water	$\frac{1}{2}$ cup chopped preserved ginger
$\frac{1}{2}$ cup granulated sugar	3 pears
$1\frac{1}{2}$ teaspoons grated lemon rind	1 slice ham, $2\frac{1}{2}$ pounds
3 tablespoons lemon juice	$\frac{1}{4}$ cup firmly packed brown sugar

Mix together water, granulated sugar, lemon rind and juice, and ginger, and boil 5 minutes; add pears, pared, halved and cored, and cook 5 minutes longer. Place ham in large casserole, rub well with brown sugar, pour $\frac{1}{2}$ of pear syrup around it and bake in moderate oven (350° F.) about 20 minutes, basting frequently; arrange pear halves around ham and continue baking for 20 to 25 minutes. Approximate yield: 6 portions.

BARBECUED HAM AU VIN

8 to 10 small slices ham, $\frac{1}{2}$ inch thick	$\frac{1}{4}$ cup vinegar
$1\frac{1}{2}$ tablespoons prepared mustard	$1\frac{1}{2}$ tablespoons flour
$\frac{1}{2}$ teaspoon black pepper	1 cup water
	$\frac{1}{2}$ cup red or white wine
	1 teaspoon sugar

If ham is strongly cured, soak in milk or water 2 hours before preparation; dry slices. Spread each slice with mustard on both sides and sprinkle with pepper. Sear on both sides in hot heavy frying pan; add vinegar, cover and simmer about 20 minutes; remove ham to hot platter. Stir flour into drippings in pan; add water slowly and cook until sauce is smooth; add wine and sugar, and simmer 5 minutes longer. Strain sauce over ham and serve at once. Approximate yield: 8 to 10 portions.

SPANISH HAM

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| 1 large slice smoked ham, $\frac{3}{4}$ inch thick | 1 tablespoon flour |
| | 2 teaspoons dry mustard |
| 3 tablespoons brown sugar | boiling water |
| | $\frac{1}{4}$ cup milk |

Spread ham with mixture of sugar, flour and mustard, place in heavy frying pan and pour $\frac{3}{4}$ cup boiling water over it; cover and simmer 1 hour, turning occasionally. Add water as needed and pour milk over ham 10 minutes before serving. If ham is salty or strongly cured, parboil for 10 minutes before using. Yield: 6 portions.

HAM LOAF

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| 1½ pounds lean smoked ham, ground | ½ teaspoon pepper |
| | 1 egg |
| $\frac{3}{4}$ pound lean fresh pork, ground | 1 cup milk |
| 1½ cups soft bread crumbs | flour |
| 1½ teaspoons Worcestershire sauce | 6 medium-sized potatoes |

Mix together meats, crumbs, seasonings, egg and milk; shape in loaf, lay in greased roaster and sprinkle with flour. Place potatoes, par-boiled 10 minutes, around roast and bake in moderately hot oven (375° F.) about 1 hour, or until browned, turning potatoes several times during baking. Approximate yield: 6 portions.

UPSIDE-DOWN HAM LOAF

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| 3 tablespoons butter | ½ pound fresh lean pork, ground |
| 5 tablespoons brown sugar | ½ cup bread crumbs |
| 3 slices canned pineapple, halved | ¼ teaspoon pepper |
| 1 pound lean smoked ham, ground | 2 eggs, beaten |
| | $\frac{1}{4}$ cup milk |

Melt butter in loaf pan and add brown sugar, stirring until dissolved; add pineapple and sauté 5 minutes, or until slightly browned. Mix meats with remaining ingredients; spread in pan over pineapple sections and press down. Bake in moderately hot oven (375° F.) about 50 minutes. Turn out on hot platter with pineapple on top. Approximate yield: 6 portions.

BOILED HAM

Scrub high-grade smoked ham with stiff brush or scrape thoroughly, rinse and place, rind side up, in large kettle; soak strong-cured hams several hours or overnight, then cook. Add boiling water to cover and simmer, partially covered, for 25 to 30 minutes per pound, or until meat is tender. To use meat thermometer, insert as for Baked Ham (see below), place ham in kettle so thermometer extends over water and can be read, and simmer until it registers 160° F. for inside of meat. If served cold, cool ham in stock overnight in cool place, then peel off rind; if served hot, let it stand in stock until ready to serve. A 12-pound ham requires from 5 to 6 hours; water should be kept below boiling point at simmering temperature about 180° F.

PRESSURE-COOKED HAM

Scrub mild-cured ham and place rind side up on rack in large pressure cooker; or soak well-scrubbed strongly cured ham, home-cured ham, picnic or shoulder butts overnight or longer before cooking. Add about 1 quart water or enough to cover bottom of cooker, clamp lid securely and heat with petcock open until steam has escaped for 5 minutes and pressure reached 10 pounds. Then close petcock and adjust heat to maintain 10 pounds pressure until ham is cooked, allowing 12 minutes for each pound, or about 3 hours for a 12-pound ham. Turn off heat and let pressure fall to zero; open petcock and take off lid. Remove rind, spread with desired sugar mixture and bake in very hot oven (500° F.) about 10 minutes, or until glazed, basting several times.

BAKED HAM

Place well-scrubbed, high-grade smoked ham, rind side up, in uncovered roaster or pan; make an incision through rind with pointed knife or steel skewer and insert meat thermometer so that bulb is in the center of the thickest part of ham. Bake, uncovered, in slow oven (275°–300° F.) until thermometer registers 160° F. for inside of ham, or allow 20 to 30 minutes per pound according to size and part of ham baked; large hams require 20 to 25 minutes; average or 10- to 12-pound hams, 25 to 30 minutes; and half-hams, about 30 minutes per pound. Allow from 40 to 55 minutes per pound for shank ends and picnic butts. One-half hour before meat is done, remove rind from ham, cover with about 1½ cups brown sugar, stick whole cloves into surface 1 inch apart and pour ¼ cup cider or vinegar over ham; continue baking, basting twice with drippings. Serve hot with Raisin Sauce (page 388) or any desired sauce. Allow ¼ to ½ pound per portion.

TENDER HAMS

If a ham is a special process ham and graded "tender" by the packer, it should be prepared according to directions on the label or by the following table. These hams may be simmered until tender or baked without parboiling. Warm the ham to room temperature if taken from the refrigerator. These special hams should be cooked to an internal temperature of 160° F.

Weight	Time
15 lbs. and over	15 minutes per lb.
12 to 15 lbs.	17 minutes per lb.
10 to 12 lbs.	18 minutes per lb.
Under 10 lbs.	20 minutes per lb.
Half hams	22 minutes per lb.

BAKED VIRGINIA HAM

1 Virginia ham, about 8 pounds	¼ cup whole cloves
1½ cups flour	1 quart sweet cider
water	¾ cup lemon juice
1 cup firmly packed brown sugar	½ cup orange juice

Soak strongly cured ham for 24 hours, drain and dry. Mix flour with water to make a smooth thick paste; rub over ham, wrap in cheese-cloth and sew tightly. Cover with boiling water and boil rapidly 5 minutes; then simmer 3 hours. Cool ham overnight in stock; drain and remove cloth, dough and rind, and place in uncovered baking pan or roaster. Rub surface with brown sugar, stud with cloves and pour cider over all. Bake in moderately slow oven (300°–325° F.) for 1½ to 2 hours; baste occasionally with cider in pan; pour lemon and orange juice over ham the last half hour of baking. Serve hot or cold with sauce made from juices in pan. Approximate yield: 20 portions.

CRANBERRY-GLAZED HAM

1 smoked ham, 8 to 10 pounds	2 dozen long-stemmed whole cloves
1 quart Cranberry Sauce (page 64)	

Parboil well-scrubbed ham 1 hour (page 262); drain, wrap in cooking parchment and place in baking pan or roaster. Bake, uncovered, in slow oven (275°–300° F.) about 2½ hours; remove paper and rind, score fat with sharp knife, stud with cloves and return to baking pan. Strain cranberry sauce and pour half over ham; bake 1 hour longer and pour remaining sauce over ham just before serving. Approximate yield: 25 to 30 portions.



BARBECUED HAM

6 thin slices boiled ham	¼ teaspoon dry mustard
2 tablespoons butter	dash of salt
1 tablespoon vinegar	dash of pepper

Sauté ham in butter until slightly browned; spread with mixture of vinegar and seasonings, and cook 2 minutes longer. Yield: 6 portions.

BROILED BACON

Lay thin slices of bacon on rack in broiling pan and broil at moderate heat until brown and crisp, turning once. Or lay on rack, place in dripping pan, and bake in very hot oven (425° F.) until brown and crisp, turning once.

PAN-BROILED BACON

Lay bacon in cold frying pan so that slices are straight and do not overlap. Cook slowly until brown and crisp, turning frequently and pouring off fat from pan as it accumulates. Remove slices as soon as crisp to absorbent or unglazed paper and keep hot.

MODIFICATIONS OF PAN-BROILED BACON

Bacon Curls—Pan-broil thin slices of bacon, shaping each slice with two forks into a spiral or curl as it browns. Drain on absorbent paper.

Canadian Bacon—Canadian style bacon is also called English or Irish bacon; pan-broil thin slices, and if very lean, fry bacon in its own fat or in a small amount of butter.

Fried Bacon and Pineapple Rings—Pan-broil bacon and drain; dip cooked pineapple slices in seasoned flour and sauté in bacon fat until browned. Serve two slices of crisp bacon with each pineapple ring.

IRISH BACON ROLLS

12 slices Irish or Canadian bacon,	½ recipe Raisin and Nut Stuffing
¼ inch thick	(page 399)
¾ cup tomato juice	

Spread slices of bacon with stuffing, roll and hold in place with tooth-picks; put rolls in cup-cake pans, laying one in each section. Pour 1 tablespoon tomato juice over each and bake in moderate oven (350° F.) for 45 minutes. Yield: 12 rolls or 6 portions.

FRIED SALT PORK

Use mild-flavored salt pork; cut in thin slices and gash rind in several places. Fry in heavy frying pan at moderate heat until crisp and browned, turning frequently; drain and keep hot on hot plate. Serve with Medium White Sauce made with pork drippings instead of butter (page 91). Slices may be rolled in mixture of equal parts cornmeal and flour before frying if desired. Crisp pieces of pork and part of pork drippings may be used for flavoring green vegetables and soups. Allow $\frac{1}{4}$ pound pork and $\frac{1}{4}$ cup sauce per portion.

FRIED SAUSAGE CAKES

Shape sausage meat into flat cakes; pan-broil in hot frying pan about 15 minutes, pouring off fat as it accumulates, and drain on absorbent paper; or bake, uncovered, in moderate oven (350° F.) about $\frac{1}{2}$ hour. One pound makes 8 to 10 small cakes.

COUNTRY SAUSAGE MEAT

3 $\frac{3}{4}$ pounds lean pork, ground	3 $\frac{1}{2}$ tablespoons salt
1 $\frac{1}{4}$ pounds fat pork, ground	1 tablespoon black pepper
2 tablespoons powdered fresh sage	

Mix lean and fat pork thoroughly; stir in seasonings and store in refrigerator at least 12 hours before using. Approximate yield: 5 pounds sausage meat.

SAUSAGES

Separate link sausages and prick with fork, pan-broil or bake as for Fried Sausage Cakes (see above); or drop into boiling water and boil 5 minutes, then pan-broil about 10 minutes. Serve on toast fingers with fried bananas, apples, or pineapples, with fried or scrambled eggs, or with griddlecakes or waffles.

SAUSAGE LOAF

1 pound sausage meat	$\frac{1}{4}$ teaspoon pepper
1 pound lean beef, ground	1 teaspoon sage
$\frac{1}{2}$ cup fine bread crumbs	2 eggs, beaten
1 teaspoon salt	$\frac{1}{4}$ cup light cream

Mix all ingredients thoroughly; shape into loaf and bake, uncovered, in moderate oven (350° F.) about 1 hour. This may be served with a cream sauce. Approximate yield: 1 loaf, 8 x 4 x 3 inches, or 6 portions.

SAUSAGE BISCUITS

2 cups prepared biscuit mix milk or water
18 or 20 Vienna or cocktail sausages, cooked

Combine biscuit mix and milk as directed on package; roll $\frac{1}{4}$ inch thick and cut in 3-inch rounds; place sausage on each and fold over. Bake in hot oven (450° F.) about 15 minutes. Approximate yield: 18 small biscuits.

To cook over campfire coals, measure $\frac{1}{3}$ cup mix into individual paper cups and add liquid to make a soft dough; put sausage on end of green stick or fork, and dip it into dough until well coated. Toast slowly over campfire coals until a delicate brown on all sides; allow 10 to 12 minutes.

FRANKFURTERS OR WIENERS

Frankfurters or wieners may be boiled, broiled or fried. Drop into boiling water, simmer 5 to 10 minutes; split and broil in moderately hot broiler 8 to 10 minutes; or split and fry in small amount of butter or other fat until browned on both sides. Spread with ketchup or mustard and serve in split and buttered long rolls, if desired.

BROILED STUFFED FRANKFURTERS

6 frankfurters 6 strips bacon
Bread Stuffing (page 396)

Split frankfurters lengthwise, leaving one side attached; open and spread with stuffing; close, wrap each with bacon and fasten with toothpicks. Broil under medium flame for 8 to 10 minutes, turning frequently to brown and crisp bacon. Yield: 6 portions.

FRANKFURTER CASSEROLE

8 frankfurters	3 cups canned tomatoes
1 medium-sized onion, minced	3 cups diced, cooked carrots
$\frac{1}{4}$ cup butter	3 tablespoons ketchup
$\frac{1}{2}$ cup flour	salt and pepper

Split frankfurters and arrange, split side down, in greased casserole. Sauté onion in butter until slightly browned, stir in flour; gradually stir in tomatoes and cook until thickened. Add carrots and ketchup, and season to taste with salt and pepper; pour over frankfurters and bake in moderate oven (350° F.) about $\frac{1}{2}$ hour. Yield: 6 portions.

LEFT-OVER MEATS

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SHEPHERD'S PIE

1½ cups seasoned vegetables	dash of pepper
1½ cups diced cold meat	celery salt
¼ teaspoon salt	1 cup gravy
2 cups hot Mashed Potatoes (page 472)	

Use left-over cooked vegetables such as diced carrots and celery, lima beans and sliced onions; heat and put in greased hot casserole. Use left-over cooked meat such as beef, veal, lamb or pork; season, heat in gravy and turn out over vegetables. Cover with layer of mashed potatoes and bake in hot oven (425° F.) about 15 minutes, or until potatoes are browned. Approximate yield: 6 portions.

HAM AND CHEESE PIE

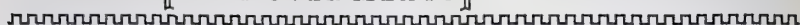
1 cup sliced, cooked carrots	1¼ cups Medium White Sauce
1 cup sliced, cooked potatoes	(page 91)
1½ cups coarsely chopped boiled ham	⅛ teaspoon paprika
½ recipe Cheese Pastry (page 638)	

Arrange carrots, potatoes and ham in 3 layers in greased 8-inch casserole. Prepare white sauce, omitting salt and adding paprika for additional seasoning. Cover with pastry rolled ⅛ inch thick; moisten edge of casserole with water; press down crust and prick with fork to permit escape of steam. Bake in hot oven (425° F.) about 25 minutes. Approximate yield: 6 portions.

MEAT CROQUETTES

2 cups ground, cooked meat	flour
1 cup Thick White Sauce (page 91)	1 egg, slightly beaten
1 teaspoon chopped onion or parsley	1 tablespoon milk or water
1 teaspoon ketchup	fine bread crumbs

Use any left-over cooked meat such as beef, veal, lamb, mutton, pork, chicken or turkey. Prepare white sauce, substituting ½ cup meat stock for ½ cup milk, if desired; stir in meat and seasonings, and chill thoroughly. Shape in pyramids, cylinders, balls or small cutlets; roll in flour, then dip in egg mixed with milk, and roll in crumbs. Fry in hot deep fat (365°–385° F.) for 2 to 5 minutes, or until browned. Approximate yield: 1 dozen small croquettes.



MEAT FRITTERS

2 cups sifted flour	1½ cups milk
2 teaspoons baking powder	2 tablespoons cranberry juice
1 teaspoon salt	¾ cup diced, cooked meat
1 tablespoon sugar	1 slice broiled bacon, chopped
1 egg, beaten	1 tablespoon chopped celery

Sift together dry ingredients; gradually add combined egg, milk and cranberry juice, beating until smooth; stir in meat, bacon and celery. Drop from tablespoon into hot deep fat (365°–375° F.) and fry for 2 to 3 minutes, or until golden brown; serve hot. Any left-over meat may be used. Approximate yield: 20 fritters.

PORK LOAF

1½ cups stale bread crumbs	2 apples, pared, cored and minced
½ cup milk	1 medium-sized onion, minced
2 eggs, beaten	½ teaspoon salt
3 cups ground, roast fresh pork	dash of pepper
	⅛ teaspoon thyme

Mix crumbs, milk and eggs and let stand for ½ hour. Mix together pork, apples and onion, or put through food chopper; stir in seasonings and soaked crumbs, and pack into loaf pan. Bake in moderate oven (350° F.) about 35 minutes. Yield: 1 loaf, 9 x 5 x 3 inches, or 8 portions.

PORK WITH MUSHROOM SAUCE

2 tablespoons fat	salt and pepper
3 tablespoons flour	4 hard-cooked eggs, chopped
½ cup water	2 cups diced, cooked pork
2 cups condensed mushroom soup	1 tablespoon chopped parsley
	paprika

Mix fat and flour in large frying pan; gradually stir in water and soup, and cook until thickened; season with salt and pepper to taste, add eggs, pork and parsley, and turn into greased baking dish. Sprinkle with paprika and bake in hot oven (400° F.) about 10 minutes; or cook over low heat in frying pan about 15 minutes to heat thoroughly. Approximate yield: 6 portions.

HAM TIMBALES

¾ cup milk, scalded	¼ cup soft bread crumbs
2 eggs, slightly beaten	1½ cups ground, boiled ham
1 tablespoon fat	dash of paprika

Tomato Sauce (page 382)

Stir milk gradually into beaten eggs, add fat, bread crumbs, ham and paprika, and turn into well-buttered custard cups or timbale molds. Place molds in shallow pan of hot water and bake in moderate oven (350° F.) about ½ hour, or until knife inserted comes out clean. Serve with tomato sauce. Approximate yield: 6 portions.

LAMB SOUFFLÉ

1 cup Thick White Sauce (page 91)	2 eggs, separated
1½ cups cold minced lamb	

Remove white sauce from heat and stir in beaten yolks and lamb; cool slightly, then fold in stiffly beaten egg whites. Turn into greased baking dish and put in pan of hot water; bake in moderate oven (350° F.) for 45 to 50 minutes, or until delicately browned and firm to touch, and serve at once. Approximate yield: 6 portions.

PORK AND APPLE CASSEROLE

6 medium-sized apples	¾ teaspoon salt
½ cup water	⅓ cup firmly packed brown sugar
2 cups diced, cooked pork	¾ cup moist bread crumbs

Peel, core and slice apples; add water and cook, covered, until soft. Place half of pork in bottom of casserole, sprinkle with ¼ teaspoon salt and add half of applesauce and pork; repeat, using remainder of ingredients. Top with bread crumbs and bake in moderately hot oven (375° F.) about ½ hour. Approximate yield: 6 portions.

BAKED HAM AND EGG MOLDS

2 cups finely ground cooked ham, tongue or corned beef	6 eggs
2 cups grated American cheese	1 tablespoon butter
	paprika

Combine ham and cheese; line greased large muffin pans, using ⅔ of mixture. Break an egg carefully into each cup; place a narrow bar made of remaining ham-cheese mixture across center of each cup. Bake in hot oven (400° F.) about 15 minutes; remove from oven, dot each egg yolk with butter, sprinkle with paprika and bake 10 minutes longer, or until eggs are firm. Yield: 6 portions.

MEATS || LEFT-OVER MEATS ||



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PINEAPPLE VEAL PATTIES

2 cups chopped, cooked veal	6 slices canned pineapple
$\frac{2}{3}$ cup fine cracker crumbs	3 tablespoons butter
$\frac{1}{2}$ teaspoon salt	5 tablespoons brown sugar
1 teaspoon minced onion	$\frac{1}{8}$ teaspoon cloves
1 egg, slightly beaten	$\frac{1}{4}$ cup pineapple juice

Mix together veal, crumbs, salt, onion and egg; shape in 6 patties, put one on each pineapple slice, and lay in greased baking dish. Heat butter, sugar, cloves and pineapple juice, and pour over patties. Bake, covered, in moderate oven (350° F.) about 40 minutes, basting occasionally. Yield: 6 portions.

ROAST VEAL CUTLETS

$\frac{1}{2}$ pound roast veal, ground	1 teaspoon salt
2 cups cooked rice	1 egg, beaten
1 cup Thick White Sauce (page 91)	1 cup fine bread crumbs
6 stuffed olives, minced	$\frac{1}{4}$ cup fat
Tomato Sauce (page 382)	

Thoroughly mix veal with rice, white sauce, olives, salt and egg. Shape in cutlets and roll in bread crumbs. Sauté in fat in heavy frying pan until lightly browned on both sides; cover pan and cook slowly 10 minutes. Serve with tomato sauce. Yield: 6 portions.

MEAT SHORTCAKE

$\frac{1}{2}$ recipe Baking Powder Biscuits (page 114)	butter
$1\frac{1}{2}$ cups Medium White Sauce (page 91)	$\frac{1}{2}$ cup left-over gravy
	2 teaspoons Worcestershire sauce
	2 cups diced, cooked beef, veal or lamb

Prepare biscuits and bake as directed just before serving; split and spread with butter. Prepare white sauce, stir in gravy and Worcestershire sauce, and bring to a boil, adding milk or water if too thick; add meat and heat thoroughly. To serve, cover bottom halves of buttered hot biscuits with creamed meat, place other halves on top and cover with remaining creamed meat. If less meat is used garnish with 2 hard-cooked eggs, sliced. Approximate yield: 6 portions.

MOCK SWEETBREADS

271

1 pound cooked veal	½ cup milk
¼ pound salt pork	½ teaspoon salt
⅓ cup soft bread crumbs	⅛ teaspoon pepper
⅓ cup flour	1 tablespoon butter
1 egg, beaten	½ cup water

Grind left-over veal and pork; mix with crumbs, flour, egg, milk, salt and pepper, and shape into 8 elliptical pieces. Put in baking dish, dot with butter and pour water around meat. Cover and bake in moderate oven (350° F.) about 40 minutes, basting occasionally. A well-seasoned white sauce may be served with these. Yield: 8 patties.

CORNED BEEF HASH

1½ cups chopped, cooked corned beef	⅓ cup stock, cream or rich milk
or 1 can (12 oz.)	salt and pepper
3 cups chopped, cooked potatoes	2 tablespoons butter
¼ cup chopped onion	parsley

Mix together beef, potatoes, onion and stock, and season to taste. Add to butter in hot frying pan, spreading evenly over bottom, and cook slowly until browned on bottom. Fold over as for omelet, serve on hot platter, and garnish with parsley. Yield: 6 portions.

CORNED-BEEF HASH WITH EGG

Use recipe for Corned-Beef Hash (see above), or use 2 cans (1¼ lb.) corned beef hash. Chill beef-potato-stock mixture or canned hash 1 hour; then divide into 6 equal parts, shape into balls with back of a spoon and make a depression or deep well in top of each. Place in greased baking pan or casserole and break an egg into each depression; dot with butter and sprinkle with salt and pepper. Bake, covered, in moderately slow oven (325° F.) for 25 to 30 minutes, or until eggs are set. Serve on hot platter and garnish with parsley. Yield: 6 portions.

SOUTHERN BEEF HASH

Use recipe for Corned-Beef Hash (see above); substitute roast beef for corned beef and add 1 cooked beet, chopped, to mixture; use 1 egg, slightly beaten with 1 tablespoon milk for liquid. Brown as directed. Approximate yield: 6 portions.

HAM CASSEROLE

1/4 pound American cheese, chopped **1 1/2 cups chopped, cooked ham**
1 1/2 cups thin White Sauce (page 91) **4 hard-cooked eggs, sliced**
2 cups Boiled Macaroni (page 408) **1/2 cup bread crumbs, buttered**

Add cheese to white sauce, and stir until cheese is melted. Put 1 cup macaroni in bottom of greased casserole, sprinkle with 3/4 cup ham, cover with layer of egg slices and pour 1/2 of cheese sauce over top. Repeat, arranging remaining ingredients in layers; cover with buttered crumbs. Bake in moderate oven (350° F.) about 1/2 hour, or until crumbs are well browned. Approximate yield: 6 portions.

LAMB WITH OLIVES

1/2 recipe Baking Powder Biscuits **2 cups lamb gravy**
(page 114) **6 slices cooked lamb**
1/2 cup sliced, stuffed olives

Prepare biscuit dough and bake biscuits as directed. Heat lamb gravy, adding water if too thick; add lamb and olives, and bring to a boil. Arrange on hot platter and border with hot biscuits; serve at once. Yield: 6 portions.

CURRY OF VEAL

1 small onion, chopped **2 tablespoons curry powder**
2 tablespoons chopped, green pepper **2 cups veal stock**
3 tablespoons fat **salt and pepper**
3 tablespoons flour **2 cups diced, cooked veal**
2 cups Boiled Rice (page 420)

Sauté slowly onion and green pepper in fat 10 minutes; stir in flour and curry powder, and add stock gradually, stirring until thickened. Season to taste, add veal and cook 5 minutes. Serve over boiled rice. Approximate yield: 6 portions.

VEAL TERRAPIN

1 cup Thin White Sauce (page 91) **1 teaspoon lemon juice**
3 cups chopped cooked veal **1 tablespoon Worcestershire sauce**
3 hard-cooked eggs, chopped **3 cups cooked rice (page 420)**

Prepare white sauce with thin cream or evaporated milk; add veal and egg, and heat thoroughly. Just before serving add lemon juice and Worcestershire sauce, and serve with a border of rice. Approximate yield: 6 portions.

SUNDRIES OR FANCY CUTS

273

BOILED BRAINS

Brains of calf, lamb, pork and beef may be used; wash, remove membrane and soak in cold salted water about $\frac{1}{2}$ hour. Rinse, cover with boiling water, add 1 teaspoon salt and 1 tablespoon vinegar or lemon juice, and boil gently for 15 to 20 minutes. Drain and serve with Drawn Butter (page 383) or Lemon Butter (page 164). To slice and sauté brains, plunge boiled brains into cold water to make firm, then drain, dry and place under light weight. Allow 1 pair small brains per portion.

SCRAMBLED BRAINS

Brains, boiled (see above)	1 tablespoon Worcestershire sauce
4 hard-cooked eggs, chopped	2 tablespoons ketchup
$\frac{1}{4}$ cup butter	1 teaspoon salt
2 eggs, slightly beaten	$\frac{1}{4}$ teaspoon pepper
	buttered hot toast

Use 1 pair of beef brains, 2 pairs calves' or pork brains, or 4 pairs lambs' brains; cut brains in small cubes and add with cooked eggs to melted butter in large frying pan. Mix beaten eggs with seasonings, pour over brain mixture and cook slowly, stirring enough to scramble. Serve on toast. Approximate yield: 6 portions.

BRAINS À LA KING

3 calves' brains, boiled (see above)	2 tablespoons butter
1 green pepper, chopped	1 pimienta, chopped
$\frac{1}{4}$ cup diced celery	1 cup Medium White Sauce (page 91)
2 tablespoons grated onion	salt and pepper
	6 slices toast or patty shells

Cut brains in small cubes. Sauté green pepper, celery and onion in butter until lightly browned; add with brains and pimienta to white sauce, heat and season to taste. Serve on toast or in patty shells. One-half cup chopped mushrooms may be substituted for green pepper, celery and onion; sauté in butter and add to white sauce. Yield: 6 portions.

BRAINS AND BACON

3 calves' brains, boiled (page 273)	¼ teaspoon pepper
¾ cup milk	¼ cup flour
1 teaspoon salt	6 slices bacon

Cut each half of brains in 3 or 4 slices, dip in milk and drain 2 minutes; then dredge with seasoned flour. Pan-broil bacon until crisp, drain on absorbent paper and keep warm. Sauté prepared brain slices slowly in bacon fat until well browned on both sides; serve with broiled bacon. Yield: 6 portions.

SAUTÉED CALVES' HEARTS

Remove veins and arteries from 2 calves' hearts, wash and cut crosswise in thin slices. Wipe dry, sprinkle with salt, pepper and flour, and sauté slowly in bacon fat about 15 minutes, turning frequently. Serve with crisp bacon and broiled tomatoes. Approximate yield: 6 portions.

BOILED HEART

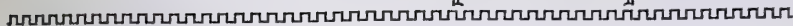
Use beef, calf, lamb or pork heart, remove large arteries and veins, and wash out all clotted blood; nearly cover with boiling water and simmer, covered, for 2 to 3 hours, or until tender, adding ½ teaspoon salt to each pound of heart when half done. Remove gristle and fat, slice crosswise and serve with gravy made from stock (page 228); or chop and serve on buttered hot toast. Allow about ½ pound heart per portion.

STUFFED CALVES' HEARTS

Remove veins and arteries from 2 calves' hearts, and wash thoroughly. Fill cavities with plain Bread Stuffing (page 396), highly seasoned with sage; sew and tie securely. Roll in seasoned flour, sear in hot fat until well browned, and place in deep baking dish. Pour 1 cup water into frying pan, bring to a boil and pour over hearts, adding additional boiling water to half cover meat; cover and bake in moderate oven (350° F.) about 2 hours, or until tender. Place heart on hot platter and serve with gravy made from stock (page 228). Carve crosswise in ½-inch slices. Approximate yield: 6 portions.

STUFFED HEART WITH FRUIT

Sprinkle cavity of beef heart with salt and fill with mixture of ½ cup dried prunes, soaked and pitted, and ½ cup dried apricots, soaked. Sear, add water to half cover and bake, covered, about 2½ hours. Approximate yield: 8 portions.



HEART WITH VEGETABLE STUFFING

275

Stuff 1 beef or 2 calves' hearts with Vegetable Stuffing (page 397). Sear and bake as directed (page 274), adding $\frac{1}{2}$ pound mushrooms, peeled, to liquor in casserole the last 15 minutes of baking. Arrange mushrooms around heart and serve with gravy made from stock.

HEADCHEESE

1 small hog's head with ears and tongue	3 whole cloves
water	1 tiny bunch mixed herbs
salt	paprika and sage
onion	cloves and allspice
	$\frac{1}{2}$ cup vinegar

Let butcher scrape and clean head, split and remove eyes and brain; then scrape ears, scrub tongue and rinse all thoroughly. Cover with cold water, add 1 tablespoon salt, onion stuck with whole cloves, and herbs, bring slowly to a boil and simmer, covered, for 2 to 3 hours, or until very tender; cool in stock. Place cooled meat in colander to drain; strip meat from bones, cut ears in slices and tongue in oblongs, squares and triangles, 1 inch or more in length. Season meat to taste with salt, paprika, sage, cloves and allspice, and add vinegar, mixing thoroughly. Pack tightly in molds or bowls, interspersing layers of meat with slices of ears and bits of tongue; cover with rinsed plate or cover and place heavy weight on top. In 2 or 3 days the headcheese is ready for use; cut in thin slices and serve with chili sauce, chutney or prepared mustard as desired. To serve hot, dip slices in egg, then roll in fine crumbs and fry in small amount of fat. Allow 2 to 3 slices per portion.

BROILED KIDNEYS

Use beef, veal, lamb, mutton or pork kidneys; wash, split in halves lengthwise, remove white centers and tubes, and soak in cold salted water to cover for $\frac{1}{2}$ to 2 hours; rinse, drain and dry thoroughly between absorbent paper or cheesecloth. If old or very large, cover with cold water, bring slowly to a boil and drain. Dip halves in French dressing, place on well-greased broiler and broil under moderate heat for 10 to 15 minutes, browning on both sides. Place on hot platter, dot with butter and garnish with sprigs of parsley or watercress, or with lemon slices as desired. Veal or lamb kidneys are choicest. Allow about $\frac{1}{2}$ beef kidney, 1 veal or small pork kidney, or $1\frac{1}{2}$ to 2 lamb or mutton kidneys per portion.

MUTTON KIDNEYS EN BROCHETTE

9 mutton kidneys	$\frac{1}{3}$ cup olive oil
$1\frac{1}{2}$ teaspoons salt	3 large tomatoes, quartered
$\frac{1}{4}$ teaspoon pepper	3 tablespoons butter, melted
	bacon, broiled

Trim kidneys, split in halves lengthwise and soak in cold salted water $\frac{1}{2}$ hour; drain and dry thoroughly. Season with salt and pepper, and dip in oil; arrange kidney halves alternately with tomato quarters on skewers. Broil about 15 minutes, turning to brown all sides; place on hot platter, pour melted butter over each and serve with crisp bacon. Approximate yield: 6 portions.

OLD-FASHIONED KIDNEY STEW

3 beef kidneys	2 teaspoons minced onion
3 tablespoons butter	$\frac{3}{4}$ teaspoon salt
$\frac{1}{4}$ cup flour	$\frac{1}{8}$ teaspoon pepper
2 cups water	3 cups hot boiled rice
	toast strips

Split kidneys; remove core, skin and hard membrane, and cut into sections. Cover with cold salted water and soak 1 hour; drain. Sauté in butter 3 minutes; add flour and cook 3 minutes longer, or until well browned, stirring constantly. Add water, onion and seasonings, cover and simmer 15 minutes. Serve on rice and garnish with toast strips. Approximate yield: 6 portions.

RAGOUT OF KIDNEYS

6 veal or 9 lamb kidneys	$1\frac{1}{2}$ teaspoons salt
3 tablespoons flour	$\frac{1}{4}$ teaspoon pepper
3 tablespoons butter	$\frac{1}{4}$ cup currant jelly
$1\frac{1}{2}$ cups stock	$\frac{2}{3}$ cup red wine

Wash kidneys, split, remove skin and fat, and soak in cold salted water $\frac{1}{2}$ hour; drain and slice thin. Stir flour into butter and brown slightly; add stock gradually and cook 5 minutes, stirring until thickened. Add kidneys and seasonings, and cook 10 minutes, or until tender; add jelly, beaten slightly with fork, and wine, heat and serve at once. Wine may be omitted and $1\frac{1}{2}$ teaspoons horseradish and $1\frac{1}{2}$ tablespoons lemon juice added with jelly. Yield: 6 portions.

BRAISED LAMB KIDNEYS

277

Use recipe for Sweetbreads Velouté (page 282), substituting 9 lamb kidneys for sweetbreads. Wash kidneys, remove fat and membrane, cut in small pieces and mix with lemon juice. Add to browned onions and sauté slowly about 5 minutes, then add flour, stock, mushrooms, seasonings and sherry as directed. Serve on buttered hot toast. Approximate yield: 6 portions.

BAKED KIDNEYS

9 lamb or 6 veal kidneys	¼ teaspoon salt
1 egg, slightly beaten	¼ teaspoon mace
1 tablespoon water	fine cracker crumbs
½ teaspoon minced onion	2 tablespoons butter, melted

Wash kidneys, split in halves crosswise, remove white centers and tubes, and soak ½ hour; drain and dry thoroughly. Dip each half in egg mixed with water, onion and seasonings, and roll in crumbs; place, cut side down, in greased casserole or baking pan and baste with butter. Bake, uncovered, in very hot oven (450° F.) about 20 minutes and serve immediately. Approximate yield: 6 portions.

BROILED LIVER

12 small slices calf's liver, ½ inch thick	melted butter salt and pepper
--------------------------------------------	----------------------------------

Wipe liver with damp cloth or wash if necessary, and dry thoroughly; brush with butter, sprinkle with salt and pepper, and place on greased wire broiler. Broil about 5 minutes, turning to brown both sides; brush with butter and serve on hot platter. Yield: 6 portions.

FRIED LIVER

1½ pounds calf's liver, ½ inch thick	dash of pepper
milk	¼ cup flour
1 teaspoon salt	3 tablespoons fat

Wipe liver with damp cloth or wash if necessary, and dry thoroughly; dip in milk, roll in seasoned flour and sauté in fat for 5 to 8 minutes, or until browned on both sides. Spread with butter and sprinkle with parsley, if desired. Approximate yield: 6 portions.

CALF'S LIVER SPANISH STYLE

Brush Broiled Liver (page 277) with Maître d'Hôtel Butter (page 384) and serve with broiled slices of tomatoes and Bermuda onions. Yield: 6 portions.

LIVER AND BACON

Broil or fry slowly 6 slices bacon, drain on absorbent paper and keep warm; fry liver in bacon fat (page 277) and serve with crisp bacon.

PARSLIED BEEF LIVER AND GRAVY

Cut 1½ pounds beef liver in 1-inch cubes; cover with water mixed with 3 tablespoons vinegar and let stand ½ hour; drain and dry thoroughly; sauté in 3 tablespoons bacon fat and remove to serving dish. Brown 1 small onion, sliced, in fat; stir in 2 tablespoons flour, add 1½ cups milk gradually and cook 5 minutes, stirring until thickened. Season with salt and pepper, pour over liver and sprinkle 2 teaspoons chopped parsley over top.

CALF'S LIVER PIQUANT

Fry 1½ pounds sliced calf's liver in ¼ cup butter as directed (page 277) and remove to hot platter. Stir 1 tablespoon flour into fat in pan, add 1½ cups water gradually and cook 5 minutes, stirring until thickened. Add 1 tablespoon mushroom ketchup, 1 teaspoon Worcestershire sauce, 1 teaspoon lemon juice, ½ cup chopped stuffed olives and 3 hard-cooked eggs, chopped, and heat to boiling point; serve over liver.

LARDED LIVER AND VEGETABLES

2 pounds liver	1 cup sliced carrots
fat salt pork	½ cup sliced onion
½ pound lean salt pork	1 tablespoon chopped parsley
2 cups boiling water	bit of bay leaf
small sprig of thyme	

Buy liver in solid piece, wash thoroughly, dry and lard with strips of fat pork (page 21). Cut lean salt pork in pieces and try out slightly; add liver and brown on all sides. Add hot water, vegetables and seasonings, cover and bake in moderate oven (350° F.) until liver is tender, or about 1 hour for veal liver and 2 hours for beef liver. Place liver on hot platter with vegetables around it. Approximate yield: 8 portions.

BAKED LIVER WITH APPLES

279

1 pound beef liver, sliced thin	½ teaspoon salt
2 large sour apples, pared and chopped	dash of pepper
1 medium-sized onion, chopped	6 slices bacon, cut in pieces
	½ cup water

Wipe liver with damp cloth or wash if necessary, drain and lay in greased casserole. Cover with mixture of apple, onion, salt and pepper; top with pieces of bacon and pour water over all. Bake, covered, in moderate oven (350° F.) about 1½ hours, removing cover the last 20 minutes of baking. Approximate yield: 6 portions.

LIVER LOAF WITH PAN GRAVY

1½ pounds beef liver	2 cups soft bread crumbs
1½ cups boiling water	2 eggs, slightly beaten
1 slice salt pork, ¼ inch thick	salt and pepper
1 medium-sized onion	2 tablespoons flour
¼ cup chopped parsley	1½ cups cold water

Wipe liver with damp cloth or wash if necessary, cover with boiling water and let stand 10 minutes; drain. Grind with 1 slice salt pork and onions; add parsley, crumbs, eggs, 1 teaspoon salt and ¼ teaspoon pepper, and mix thoroughly. Press into baking pan, 8 x 4 x 3 inches, and bake in moderate oven (350° F.) about 1 hour, or until browned; remove loaf to hot platter. Stir flour into drippings and brown; add water gradually and cook 5 minutes, stirring until thickened; season to taste and pour over loaf. Yield: 1 loaf, 8 x 4 x 3 inches, or enough for 6 portions.

SAVORY LIVER

1½ pounds beef liver, sliced thin	2 tablespoons flour
¼ cup chopped onion	¾ teaspoon salt
2 teaspoons chopped parsley	dash of pepper
2 tablespoons butter	3 tablespoons vinegar
	2½ cups bouillon

Wipe liver with damp cloth or wash if necessary, and dry thoroughly. Sauté onion and parsley in butter in frying pan until lightly browned; stir in flour, seasonings and vinegar, and add bouillon gradually, stirring and cooking until well mixed. Place liver in gravy and cook, covered, 15 minutes, turning once. Approximate yield: 6 portions.

COOKED LIVER

Wash liver thoroughly, cover with water, bring quickly to a boil and simmer, covered, until tender, adding $\frac{1}{2}$ teaspoon salt per pound when half done. Cook $\frac{1}{2}$ -inch slices for 5 to 15 minutes, and pieces of 2 or more pounds for 1 to $1\frac{1}{2}$ hours. Grind and use for sandwich fillings, croquettes, baked loaves and molded dishes; cube or dice and use for creamed dishes.

SALAMAGUNDI

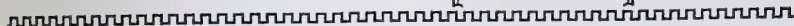
4 strips lean bacon	2 green apples, cut in eighths
1 cup sliced okra	1 pound veal, lamb or chicken livers, cubed
1 cup fresh lima beans	
1 cup chopped celery	$\frac{1}{2}$ teaspoon salt
1 green pepper, chopped	$\frac{1}{8}$ teaspoon pepper
$\frac{1}{2}$ medium-sized onion, chopped	2 cups bouillon
6 cubes (1-inch) apple jelly	

Cut bacon in pieces and fry in large frying pan until crisp; add vegetables, apples, liver, seasonings and bouillon, and bring to a boil. Turn into greased casserole, cover and bake in slow oven (250° F.) about 2 hours; add cubes of jelly just before serving. Yield: 6 portions.

BRAISED OXTAIL

1 oxtail (2 lb.)	1 teaspoon celery salt
flour	4 whole cloves
$\frac{1}{4}$ cup fat	1 bay leaf
1 cup water	4 medium-sized carrots, diced
1 cup canned tomatoes	2 small onions, chopped
1 teaspoon salt	1 clove garlic, chopped
$\frac{1}{8}$ teaspoon pepper	1 cup sliced mushrooms
$\frac{1}{3}$ cup sherry or lemon juice	

Wash oxtail, dry and cut in 2-inch lengths; roll in flour and sauté in 2 tablespoons fat until well browned. Add water, tomatoes and seasonings, bring to a boil and simmer, covered, about 3 hours, or until tender. Sauté carrots, onions and garlic in remaining 3 tablespoons fat until slightly browned; add to meat and cook $\frac{1}{2}$ hour longer, adding mushrooms and sherry the last 10 minutes of cooking. Serve at once. Approximate yield: 6 portions.



PIGS' FEET

281

Wash, scrape and rinse pigs' feet; cover with cold water, bring slowly to a boil, cover and simmer 3 to 4 hours, or until tender, adding $\frac{1}{2}$ teaspoon salt per quart when partially cooked. Cool slightly in stock; strain and reserve stock for soup. Serve pigs' feet hot with brown gravy made from stock, or cold with Vinegar Sauce (page 386).

To pickle boiled pigs' feet, cover with hot vinegar, plain or spiced, and allow to stand in mixture for 2 or more days; to brown boiled pigs' feet, sprinkle with salt, pepper and flour, and sauté in small amount of fat; to fry boiled pigs' feet, roll in flour, dip in egg and roll in fine crumbs, and cook in hot deep fat (365° – 380° F.) 2 to 5 minutes.

"BOILED" OR PARBOILED SWEETBREADS

Sweetbreads consist of the thymus gland of the calf: the gland is divided into two distinct parts, sold separately or as a pair; the breast sweetbread, or the round and compact half, is slightly choicer than the throat sweetbread. Sweetbreads spoil quickly and should be washed and put in cold water if not cooked at once. Cover with boiling, salted acidulated water (1 teaspoon salt and 1 tablespoon vinegar to each quart of water); simmer, covered, 20 minutes; drain and cover with cold water to whiten and keep flesh firm. When cool enough to handle, remove membrane and tubes, then broil, sauté, cream or prepare as desired. Allow $\frac{1}{2}$ to 1 pair sweetbreads per portion.

BROILED SWEETBREADS

Parboil 3 pairs sweetbreads (see above); split in halves crosswise, sprinkle with salt and pepper and broil in hot broiler (450° F.) about 10 minutes, turning to brown both sides. Spread with Lemon Butter (page 164) and serve at once. Approximate yield: 6 portions.

SAUTÉED SWEETBREADS

Parboil 3 pairs sweetbreads (see above); split each crosswise, sprinkle with salt and pepper, and sauté in 2 tablespoons fat until delicately browned. Spread with lemon butter made by creaming $\frac{1}{4}$ cup butter and beating in 1 tablespoon lemon juice. Yield: 6 portions.

SWEETBREAD SUPPER PLATE

Serve Sautéed Sweetbreads (see above) with Baked Tomatoes with Olive Stuffing (page 486) and plain sandwiches or buttered hot baking powder biscuits or rolls.

BRAISED SWEETBREADS

Parboil 2 pairs sweetbreads (page 281); cut lengthwise in slices, $\frac{1}{4}$ inch thick, and sauté in 2 tablespoons butter. Add 1 cup brown gravy made with meat stock (page 228), 1 tablespoon ketchup, 2 teaspoons each chopped onion and parsley, $\frac{1}{8}$ teaspoon salt and dash of pepper, and cook slowly 5 minutes; add $\frac{1}{4}$ cup sherry, bring just to a boil and serve at once. Approximate yield: 6 portions.

SWEETBREADS EN BROCHETTE

Parboil sweetbreads and cut in 1-inch squares; cut slices of bacon in 1-inch squares. Arrange 5 pieces of bacon and 4 of sweetbreads alternately on small skewers beginning and ending with bacon. Broil as for sweetbreads (page 281) until bacon is crisp and browned. Fat salt pork may be substituted for bacon. Allow about $\frac{1}{2}$ sweetbread and 1 slice bacon for each skewer.

FRIED SWEETBREADS AND BACON

Parboil sweetbreads (page 281) and cut in 1-inch squares; roll each piece in flour, dip in egg slightly beaten with 1 tablespoon water, and roll in fine bread crumbs. Arrange pieces on small skewers, alternately with 1-inch squares of sliced bacon, using about 4 sweetbreads and 3 bacon squares for each. Fry in hot deep fat (380° – 390° F.) for 4 to 6 minutes, or until browned. Drain on absorbent paper and arrange in a circle around mound of buttered peas. Allow about $\frac{1}{2}$ sweetbread for each skewer.

SWEETBREADS VELOUTÉ

3 pairs sweetbreads	1 cup chopped raw mushrooms
3 tablespoons lemon juice	$\frac{1}{2}$ teaspoon salt
1 small onion, thinly sliced	$\frac{1}{4}$ teaspoon pepper
2 tablespoons fat	$\frac{1}{4}$ teaspoon Worcestershire sauce
1 tablespoon flour	2 tablespoons sherry or Madeira
1 cup meat stock	buttered hot toast

Parboil sweetbreads (page 281), cut in cubes and mix with lemon juice. Sauté onion in fat until slightly browned, stir in flour, add stock and cook until thickened, stirring constantly. Add mushrooms, salt and pepper, cover and simmer 10 minutes; add sweetbreads and lemon juice, Worcestershire sauce and sherry, and simmer 5 minutes. Serve on hot toast. Approximate yield: 6 portions.

CREAMED SWEETBREADS

Parboil 3 pairs sweetbreads (page 281) and separate into small pieces; add to 2 cups Medium White Sauce (page 91) made with rich milk, and heat thoroughly. Stir in 1 egg yolk, slightly beaten, just before serving, if desired. Serve on buttered hot toast or waffle sections, or in warm Patty Cases (page 642) or Croustades (page 142); sprinkle finely minced parsley or paprika over top. Approximate yield: 6 portions.

MODIFICATIONS OF CREAMED SWEETBREADS

Creamed Sweetbreads and Oysters—Substitute oysters for half of sweetbreads; heat oysters in their own liquor until edges curl and add to creamed sweetbreads. Serve in patty shells.

Sweetbreads and Veal—Substitute diced veal or chicken for half of sweetbreads. Serve with buttered asparagus tips or sautéed mushroom caps.

SWEETBREADS NEWBURG

3 pairs sweetbreads, parboiled (page 281)	1 cup heavy cream
	1 cup Thick White Sauce, (page 91)
2 eggs, separated	2 teaspoons sherry

Cut parboiled sweetbreads in small pieces or dice. Mix together slightly beaten egg yolks and cream; stir into white sauce, add sweetbreads and heat thoroughly. Fold in stiffly beaten egg whites and sherry, and serve at once. Diced breast of chicken or veal may be substituted for half of the sweetbreads. Approximate yield: 6 portions.

SWEETBREAD TIMBALES

1½ pairs sweetbreads	1 teaspoon salt
¼ teaspoon grated onion	dash of white pepper
1 cup soft bread crumbs	6 mushrooms, chopped
½ cup milk	3 eggs, separated

Medium White Sauce (page 91)

Parboil sweetbreads (page 281), chop and season with onion. Heat crumbs in milk until smooth and thick; stir in seasonings, mushrooms, sweetbreads and slightly beaten egg yolks. Fold into stiffly beaten egg whites and turn into well-buttered custard cups or molds. Place in pan of hot water and bake in moderate oven (350° F.) about 30 minutes, or until firm. Serve with well-seasoned white sauce. Approximate yield: 6 timbales.

BOILED FRESH TONGUE

Use beef, veal, lamb or pork tongue. Scrub thoroughly and place in a large kettle, cover with boiling water, bring to a boil, skim and simmer, covered, until tender, adding about $\frac{1}{2}$ teaspoon salt per pound when half done: allow 3 to 4 hours for beef tongues; 2 to 3 hours for veal tongue; 1 to $1\frac{1}{2}$ hours for lamb tongues; $1\frac{1}{2}$ to 2 hours for pork tongue. Remove skin and root ends. Serve whole or sliced with a tart sauce such as Tartar Sauce (page 389) or Horseradish Sauce (page 376). Allow $\frac{1}{4}$ to $\frac{1}{3}$ pound per portion.

VIRGINIA BOILED TONGUE

1 beef tongue	$\frac{1}{2}$ cup firmly packed brown sugar
boiling water	1 cup cooked cranberries
1 teaspoon salt	1 tablespoon whole cloves
1 cup tongue stock	$\frac{1}{2}$ lemon, sliced

Wash tongue, cover with boiling water and simmer 3 to 4 hours, or until tender, adding salt when half done. Remove skin and roots and simmer in mixture of remaining ingredients for 15 to 20 minutes. Serve whole or sliced with sauce in which it was cooked. Approximate yield: 10 portions.

PICKLED TONGUE WITH GINGERSNAP SAUCE

Boil pickled beef tongue (page 285); skin and remove root end, slice and serve hot with Gingersnap Sauce (page 388). Yield: 6 to 8 portions.

CRUSTED TONGUE SUPREME

1 smoked tongue	1 small onion, chopped
2 eggs, beaten	2 stalks celery, chopped
$1\frac{1}{2}$ cups soft bread crumbs	2 tablespoons butter
1 cup port wine	1 small can (No. 1) tomato paste
Chestnut Balls (page 404)	small sprig of thyme

Boil tongue 3 to 4 hours, or until tender (see above); skin and cut off end. Make paste of eggs and crumbs, and spread over tongue; place in baking pan and bake in moderate oven (350° F.) about $\frac{1}{2}$ hour, basting every 10 minutes with wine. Remove to hot platter and garnish with chestnut balls; reserve stock for sauce. Sauté onion and celery in butter about 10 minutes, stirring frequently; add tomato paste and thyme, stir in wine-tongue stock and bring to a boil; strain, season, if necessary, and serve sauce with crusted tongue. Approximate yield: 8 portions.

SPICED LAMBS' TONGUES

Wash and cook 4 fresh lambs' tongues until tender (page 284), adding 1 teaspoon salt, 1-inch piece stick cinnamon, 1 small bay leaf, 3 whole cloves stuck in 1 slice onion and about 3 tablespoons lemon juice when half done; cool in stock. Place on platter, surround with hearts of lettuce and serve with Tartar Sauce (page 389). Approximate yield: 6 portions.

BOILED CURED BEEF TONGUE

Scrub smoked, pickled or corned tongue; soak corned tongue, if very salty, in cold water several hours before boiling. Place in large kettle, cover with cold water, bring slowly to a boil and boil 5 minutes; skim and simmer, covered, 3 to 4 hours, or until tender. Cool in stock until cold enough to handle; skin tongue and trim root end. Serve hot or cold, with a savory sauce. Yield: 6 to 8 portions.

SPICED TONGUE

1 fresh or smoked beef tongue	¼ teaspoon black pepper
boiling water	½ teaspoon allspice
2 tablespoons butter	12 whole cloves
2 tablespoons flour	2 bay leaves
1 quart tongue stock	1 medium-sized onion, finely chopped
½ teaspoon salt	1 carrot, diced

Scrub fresh tongue, place in kettle, cover with boiling water and simmer, covered, 2 hours; remove skin and trim roots. Mix together butter and flour in saucepan; gradually stir in stock and cook until thickened; add salt, pepper, spices and tongue, and simmer 1½ hours, or until tender, adding vegetables ½ hour before meat is done. Serve hot or cold with or without gravy. For smoked tongue, use cold water, bring to a boil and proceed as above. Yield: 6 to 8 portions.

TONGUE AND MUSHROOMS

1 can (6½ oz.) tongue or 1 small tongue, boiled	1½ cups Medium White Sauce (page 91)
2 cups mushroom caps	buttered hot toast
2 tablespoons butter	1 tablespoon chopped parsley

Use canned or boiled tongue; cut in cubes. Sauté mushrooms in butter about 5 minutes, stirring to cook evenly; add with tongue to white sauce and heat thoroughly. Serve on buttered toast and sprinkle with parsley. Approximate yield: 6 portions.

TONGUE CROQUETTES

Use 1 cup chopped, cooked tongue and 1 cup chopped, blanched almonds for meat in recipe for Meat Croquettes (page 267), and omit onion and ketchup. Cooked chicken, turkey or pork may be used instead of tongue. Approximate yield: 1 dozen small croquettes.

STEWED TRIPE

Choose cleaned honeycomb tripe, fresh or pickled. Wash, cover with cold water and bring slowly to a boil; then drain, cover with boiling water and simmer, covered, for 3 to 4 hours, or until tender; add ½ teaspoon salt per pound (to fresh tripe only) when half done. Serve with Tomato Sauce (page 382), a savory sauce, or sautéed apple slices. Allow ¼ pound tripe per portion.

TRIPLE IN SOUR GRAVY

2 pounds honeycomb tripe, cut in pieces	4 whole cloves, crushed
2 cups water	⅛ teaspoon allspice
¼ cup vinegar	⅛ teaspoon marjoram
1 medium-sized onion, minced	dash of pepper
½ clove garlic, crushed	1 tablespoon flour
	1 tablespoon sugar
2 tablespoons butter	

Cook tripe until tender in salted water (see above); drain and add water, vinegar, onion, garlic, spices, marjoram and pepper, and cook 10 minutes. Stir flour and sugar in butter and cook until browned; add to tripe-stock and cook 3 minutes, stirring constantly. Approximate yield: 6 portions.

CURRIED BEEF TRIPE

1½ pounds beef tripe, cut in pieces	6 tablespoons fat
6 cups cold water	1½ cups tripe stock
1 teaspoon salt	2 tablespoons curry powder
1 medium-sized onion, sliced	1 teaspoon paprika
6 tablespoons flour	1 teaspoon brown sugar
4 cups Boiled Rice (page 420)	

Put tripe in cold water and cook until tender (see above), adding salt and onion when nearly done. Stir flour into fat in saucepan, gradually stir in stock, curry powder, paprika and sugar, and cook 5 minutes, stirring until thickened. Arrange cooked tripe over hot rice and pour sauce over all; serve immediately. Yield: 6 portions.

Poultry and Game

THANKS to superior methods of production and distribution, poultry of all kinds is available in most parts of the country throughout the year, although prices continue to vary with the seasons. See page 918 for information on kind and size to buy and for different methods of preparation.

Freshly killed poultry cooks tender if it is allowed to hang for at least six hours before cooking. Frozen poultry is held for weeks or months in the solid state in cold storage. It must be defrosted slowly in the refrigerator before using. The butcher usually attends to this. Quick-frozen poultry may be cooked thawed or while still in the frozen state. Directions for cooking quick-frozen poultry are included with the packaged food.

PREPARATION OF POULTRY

SINGEING. Poultry is singed before drawing and before the bird is washed, for easy removal of the tiny hairs. Hold the bird over a direct flame, turn the carcass slowly with wings extended to expose all surfaces; then carefully remove all pinfeathers with tweezers or a strawberry huller.

Drawing. Use poultry shears or a sharp knife to remove head and feet at the leg joints if this has not been done by the butcher. Cut around the vent, keeping the opening as small as possible, and slit the skin to the breastbone. Insert the fingers, loosen the organs from the back and sides and pull out, taking care to remove the lungs. Separate the gizzard, heart and liver (the giblets) and carefully cut away the gall bladder—the small, green-

288 ish-colored bag attached to the liver, which, if broken, imparts an unpleasant flavor to the flesh. To clean the gizzard, cut through the thickest part of the muscle down to the inner tough lining, open and pull out the sac. Remove lungs and kidneys and cut away the oil sac at the tip of the tail. Push back the loose skin from the neck, slit it down the back, cut off the neck where it joins the body of the bird and remove the crop and windpipe. To remove tendons in legs of older birds, cut around legs just below knee joint but do not cut tendons. Break bone by laying cut end at edge of table and pressing downward; then pull and the tendons will come away with the foot.

Washing and Drying. Allow a strong stream of cold water to course through the body cavity. Some cooks prefer to rub the bird with soda to aid in cleansing. Rinse thoroughly and wipe dry with a clean cloth. The bird is then ready to be stuffed and trussed for roasting.

Stuffing. Choice of stuffing depends on the type of poultry or game. The mild, sweet flavor of chicken or turkey should not be masked by too strong a flavor in the stuffing. Simple bread, vegetable, oyster, sausage or crisp nut stuffings are well-liked with the blander poultry. The flesh of duck or goose is naturally fat and requires a dry stuffing since the dressing tends to soak up moisture and fat during the roasting; fruit or sharply seasoned stuffings are preferred. The cavity should be packed loosely enough to allow for slight expansion during the cooking. A little stuffing in the neck gives a plump, well-rounded contour. Draw the skin over the back and close the openings by sewing with string, or insert skewers and lace with string.

Trussing. Fold the wings back and press the tips against the back. Press thighs close to body, tie the ends of the legs together with string and bring it down around the tailpiece, leaving two ends. Then turn bird over on breast and bring each end of string forward over the front and tip of one of the wings and across

the back to the other wing, then tie ends securely in the middle 289
of the back. Remove all string and skewers before serving.

To split a bird for broiling, singe, cut off head and feet and cut through the backbone from neck to tail. Lay open and remove entrails, then cut out rib bones and remove breastbone if desired. Wash thoroughly and dry. If cleaned and drawn, cut bird through backbone and through ribs and breastbone, using a sharp knife or poultry shears.

To cut up a drawn and cleaned bird for frying, cut through skin between leg and body and pull back leg and separate at joint, close to body. Separate drumstick from thigh at knee joint. To remove wing, cut through skin around wing close to body, pull back and disjoint; cut off tip ends of wing and cook with giblets. Remove leg and wing on other side. Separate back from breast by cutting through skin on either side, split back in half, cross-wise, and lay each half open, pressing with hands to break backbone or cut each in half with shears. With shears or cleaver cut through breastbone to split breast. Wishbone with attached meat may be removed first; legs and wings may be removed before removing entrails; follow same procedure as for drawn bird.

METHODS OF COOKING

Dry Heat (broiling, pan-broiling and roasting) is used for tender birds. The poultry may be cooked by a constant, moderately low temperature or it is first subjected to high temperature for searing and then the heat is lowered quickly for the remainder of the cooking period. Old birds may be roasted by a combination of steaming and baking or braising. The bird is allowed to steam and roast in a covered pan with a small amount of liquid for added moisture. Then the cover is removed to brown the skin during the last half-hour of baking.

Moist Heat (boiling, braising, stewing and fricasseeing) is re-

290 served for less tender poultry since added moisture is essential to completely tenderize the tissues. See Table XXVII (page 918) for cooking methods to use with different kinds of poultry.

CARVING

To CARVE turkey or chicken, put bird, breast up, on hot large platter and place, with legs to the right, in front of the host. Carving knife, well sharpened, and serving spoon are at the right of platter and fork at left. To carve, put fork through breastbone and hold firmly with left hand. With knife in right hand pull leg away from body and sever at thigh joint. Separate thigh and leg at joint end, if large, and cut each piece in half parallel with bone. Pull wing away from body and sever at joint close to body; disjoint if large. Cut breast in thin slices against the grain. Serve both light and dark meat with stuffing on each hot plate unless preference of each guest is known. If platter is small, place pieces on another small platter while carving. Carve other half as indicated. If back and breast pieces are served, sever at ribs and split each piece in half through center back.

Geese or ducks are carved the same as other poultry. A poultry shears, or duck shears that accompany carving sets, are helpful in severing the joints of all types of poultry. Young roast ducklings are sometimes separated, by means of carving knife and shears, into four pieces, each piece bearing a limb (wing or drumstick) which is not severed, but is served with the portion to the guest.

BROILED CHICKEN

Select broilers weighing from $1\frac{1}{2}$ to $2\frac{1}{2}$ pounds and have butcher split them down the back. Wash and dry thoroughly; rub with butter or oil, sprinkle with salt and pepper, and place, skin side down, on greased rack in broiling pan. Broil in hot broiler, preheated 5 to 10 minutes, according to method I or II; allowing 20 to 30 minutes. Remove to hot platter, spread with butter or Lemon Butter (page 164), and garnish as desired. Allow about $\frac{3}{4}$ pound per portion.

Method I (two temperatures)—Place broiler pan with chicken on rack 2 to 3 inches below heating unit with temperature control at 450° F. or heat turned high; leave door slightly ajar. Sear top side, then turn and when seared on both sides, reduce heat (325° F.) and continue broiling until done, turning chicken once; or lower pan from broiling unit if heat is not reduced; allow 20 to 30 minutes for total broiling. 291

Method II (one temperature)—Place broiler pan with chicken on rack in preheated broiler as in method I, but with temperature control at 350° F. or heat turned low. Turn chicken when half done; allow 25 to 35 minutes for total broiling.

BROILERS TARTARE

Split, wash and dry 3 broilers (about 1½ lb. each); sprinkle with salt and pepper, and sauté in ½ cup butter until browned on both sides. Add 6 sprigs parsley, chopped, 4 scallions, chopped, ¼ clove garlic, chopped, and ¾ pound mushrooms, diced; cover and cook slowly until chicken is tender, turning occasionally; allow 20 to 30 minutes for cooking. Remove chicken, roll in fine stale bread crumbs and place under hot broiler until crumbs are browned, turning frequently. Serve with Brown Sauce made from drippings and vegetables in pan and giblet stock (page 298). Yield: 6 portions.

MIXED CHICKEN GRILL

3 broilers (1½–2 lb. each)	½ cup fine bread crumbs
salt and pepper	3 tablespoons grated American cheese
6 slices eggplant	6 small sweet potatoes, boiled
1 egg, beaten	½ cup butter, melted
2 tablespoons water	6 slices tomatoes
	6 slices bacon

Split, wash and dry broilers; sprinkle with salt and pepper, and place, skin side down, on greased rack of broiler. Sprinkle eggplant with salt and pepper, dip in egg mixed with water, roll in mixture of crumbs and cheese, and place on rack; place potatoes on rack. Brush all with melted butter, place in hot broiler (page 290) and broil about 10 minutes, or until browned; turn, brush with butter and continue broiling about 15 minutes, placing tomatoes on eggplant and bacon on rack about 10 minutes before removing from broiler; turn tomatoes and bacon to brown both sides. Approximate yield: 6 portions.

**BROILED PARSLEY FRYERS**

Cut 2 frying chickens ($2\frac{1}{2}$ lb. each) in pieces to serve, wash, drop into small amount of boiling water and simmer, covered, about 15 minutes; remove chicken and cook giblets in stock. Sprinkle chicken with salt and pepper, and broil as for Broiled Chicken (page 290) for 30 to 40 minutes, turning and basting frequently with $\frac{1}{4}$ cup butter, melted, and mixed with $1\frac{1}{2}$ tablespoons minced parsley and 2 teaspoons lemon juice. Serve with gravy from giblet broth (page 296). Yield: 8 portions.

PLANKED CHICKEN

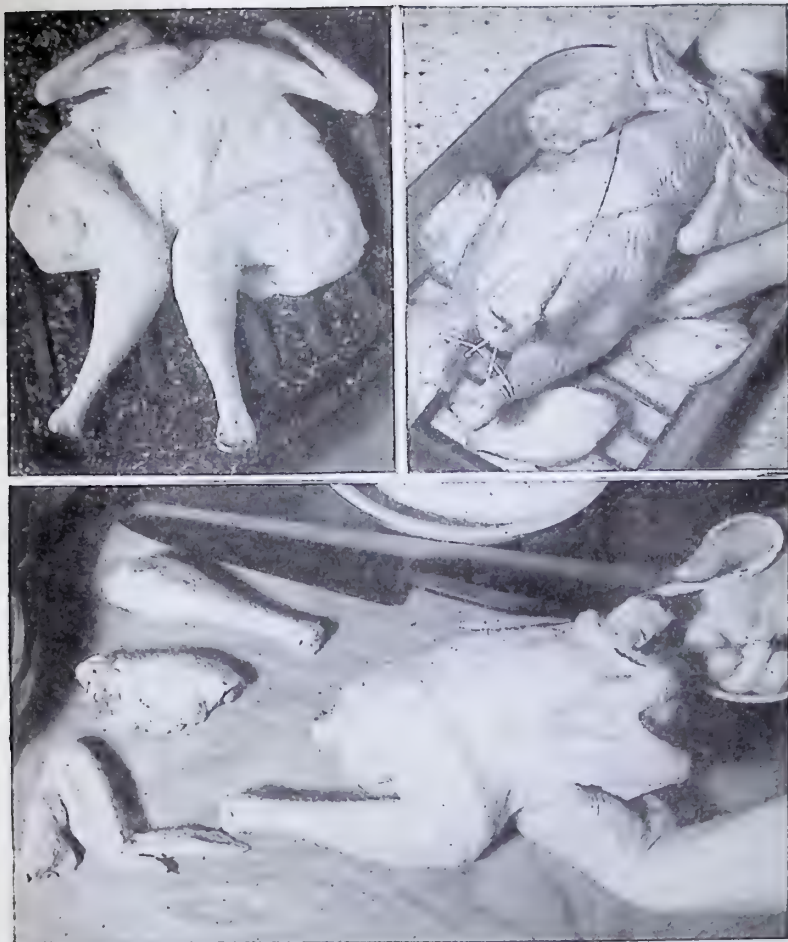
Split, wash and dry 3 medium-sized broilers; sprinkle with salt and pepper, and spread with half of savory butter made by mixing $\frac{1}{2}$ cup butter with 1 teaspoon each minced onion, parsley and pimiento, and 1 tablespoon lemon juice. Broil or bake (pages 290–295) 20 minutes, basting with remaining $\frac{1}{4}$ cup savory butter when turning chicken. Arrange chicken, skin side up, in center of greased hot plank. Place 6 potatoes, baked and stuffed (page 471) and 6 buttered cooked artichokes (page 435) alternately around outside of plank, and individual portions of buttered cooked carrot sticks (page 448) between chicken and border. Place in very hot oven (500° F.) for 10 minutes, or until chicken is done and vegetables are browned. Fill spaces with parsley and serve at once. Approximate yield: 6 portions.

FRIED CHICKEN

Cut young chicken in pieces for serving, wash and dry. Roll in seasoned flour and sauté in butter, bacon or pork fat, until well browned; cover and cook slowly until tender, turning occasionally: allow $\frac{1}{2}$ hour for broilers; $\frac{3}{4}$ hour for small fryers; 1 hour for fryers weighing more than 3 pounds, adding $\frac{1}{4}$ cup hot water to browned chicken and cooking slowly. Serve with White Sauce (page 376) made from drippings in pan and rich milk or light cream. Allow $\frac{3}{4}$ pound per portion.

SOUTHERN FRIED CHICKEN

Cut 2 frying chickens in pieces for serving, wash and dry. Roll in well-seasoned flour and fry in hot deep fat (350° – 365° F.) about 10 minutes, or until browned, turning frequently. Remove to covered frying pan or Dutch oven and cook or bake slowly 20 to 25 minutes, or until tender, turning frequently. For fowls, boil chicken until almost tender before frying. Serve with Cream Horseradish Sauce (page 378). Approximate yield: 6 portions.



CHICKEN—PREPARED FOR BROILING, ROASTING AND FRYING

Top Left: A tender, young broiler, split and resting on the broiler rack ready for the broiler.

Top Right: A simple way to truss chicken, turkey or large game for roasting; place, breast up, on rack in roasting pan.

Bottom: Poultry shears, or ordinary scissors make short work of cutting up a chicken for frying. See section on poultry (page 289).

BATTER-FRIED CHICKEN

Use recipe for Southern Fried Chicken (page 292); substitute Cover Batter (page 699) for well-seasoned flour. Dip each piece of chicken in batter and proceed as directed. Approximate yield: 6 portions.

SMOTHERED CHICKEN

Brown young chicken as directed for Fried Chicken (page 292), then cover with light cream, bring to a boil, turn into casserole and bake, covered, in moderate oven (350° F.) for $\frac{1}{2}$ to $\frac{3}{4}$ hour, or until tender. Serve from casserole. Allow $\frac{3}{4}$ pound per portion.

MARYLAND FRIED CHICKEN

1 young chicken (3 lb.)	4 tablespoons water
salt and pepper	1 cup fine bread crumbs
1 cup flour	$\frac{1}{4}$ cup butter
2 eggs, slightly beaten	$\frac{1}{4}$ cup pork fat

Cream Gravy (page 378)

Cut chicken in pieces for serving, wash and dry. Season with salt and pepper, roll in flour, dip in slightly beaten eggs diluted with water, and roll in crumbs. Sauté in butter and pork fat in heavy frying pan until browned on all sides; cover and place in moderate oven (350° F.) $\frac{1}{2}$ to $\frac{3}{4}$ hour, or until tender. If chicken weighs more than 3 pounds, add $\frac{1}{2}$ cup hot water to pan in oven. Serve with cream gravy made from drippings in pan, substituting light cream for milk. Approximate yield: 6 portions.

BROILED CHICKEN FILLETS

Fillets of chicken consist of the breast meat; the upper or longer muscle is called the "large fillet" and the lower or smaller muscle, the "fillet mignon." To remove solid meat on one side, cut with sharp pointed knife or poultry shears through skin along entire keel of breast and pull skin from breast; cut down close along side of breastbone and with knife and fingers, scrape and push meat from breastbone, collar bone, wing joint, along wish bone and the entire length of breast, cutting it away from the wing joint; remove tendons and sinews and separate solid meat into the two fillets; remove fillets on other side of breast in the same way. Marinate fillets in Lemon Butter (page 164) and broil as for Broiled Chicken (page 290); allow about 20 minutes for total broiling and baste several times with lemon butter. Sprinkle with salt and pepper and serve with broiled mushroom caps (page 463) or fried asparagus tips (page 438) and cream gravy. Allow 1 whole fillet per portion.



ROAST CHICKEN

295

Choose a 3½- to 4-pound roasting chicken; singe, clean, wash and dry; rub inside with salt; stuff lightly with any desired stuffing (page 396), and truss (page 288); it will take from 2 to 3 cups stuffing to fill cavities. Place, breast side up, on rack in roaster or dripping pan; rub with olive oil or butter and sprinkle with salt and pepper. Roast, uncovered, according to method I or II, basting, if desired, frequently with drippings in pan or mixture of butter and hot water. Turn chicken with breast down the last 20 minutes of roasting; if chicken is fat, baste occasionally. Place chicken on hot platter, garnish as desired, and serve with Chicken Gravy with or without chopped giblets (page 296). Allow about ¾ pound per portion.

Method I (two temperatures)—Place chicken in very hot oven (450°–475° F.) and sear for 20 to 25 minutes, then reduce heat quickly to slow (300°–325° F.) and continue roasting until tender, basting at 20 minute intervals; allow 22 to 25 minutes per pound for total roasting.

Method II (one temperature)—Place chicken in moderately slow oven (325°–350° F.) and roast until tender, basting at 20 minute intervals; allow 25 to 30 minutes per pound for total roasting.

MODIFICATIONS OF ROAST CHICKEN

Roast Chicken, Country Style—Place prepared chicken in hot oven (450°–475° F.) and sear, uncovered, 20 minutes, or until browned; then reduce heat to slow (275°–300° F.), pour ¼ cup boiling water in pan, cover and bake, without basting, until tender, allowing 25 to 30 minutes per pound for total roasting. If a crisp crust is desired, open steam vents in cover of pan or remove cover the last half hour of baking. Serve with Chicken Gravy (page 296).

Jelly-Glazed Roast Chicken—Roast chicken as above; one-half hour before chicken is done, spread with ½ cup currant jelly, beaten with fork, and roast, uncovered, basting frequently with jelly mixture.

ROAST CAPON

Choose capon (young male chicken) weighing 6 to 7 pounds, Table XXVII (page 918); stuff and truss as for Roast Chicken (page 288), allowing the same number of minutes per pound as indicated. Use a stuffing such as cornbread, chestnut, nut or oyster stuffing (page 398), as the meat is delicately flavored, fat and tender, and should not have a stuffing too strongly flavored. Garnish with watercress and serve with Chicken Gravy (page 296). Yield: 6 to 8 portions.

ROASTED BONED CHICKEN

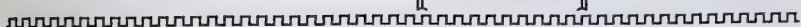
Use a freshly killed, dry picked and undrawn chicken or capon; turkey, guinea hen, squabs and game birds are frequently boned, while a duck or goose is more difficult to bone without breaking the skin. Singe, remove pinfeathers, cut off head and feet and wash skin carefully; lay bird, breast down, on board, and with a sharp pointed knife or poultry shears, cut down center back from neck to tail. With back of pointed knife and with fingers, scrape and push flesh from backbone to and from each shoulder blade and around each wing joint, cutting off tendons, and continue along entire backbone, forward across ribs. Turn bird over and scrape and push flesh from wishbone and collarbone, and remove crop and windpipe; scrape flesh from breastbone and down to the vent, being careful not to break the skin or cut the membrane holding the entrails in place. Scrape flesh from thigh and leg bones, pulling it back over end of leg, flesh side out; then turn flesh back, skin side out, as you would a glove which was pulled off wrong side out. Repeat process with other leg and with wings, breaking bone at tip end joint of wing in large birds and cutting wings off close to body in smaller birds; remove carcass and put skin and flesh back in shape. Stuff lightly with Chicken or Veal Force meat (page 399), filling wings and legs first, then body, leaving space enough for stuffing to swell. Sew together along back, truss, pressing thighs and wings close to body, and bake as for Roast Chicken (page 295); add about 5 minutes per pound for roasting. For glazed surface, brush with $\frac{1}{3}$ cup grape jelly, slightly beaten, $\frac{1}{2}$ hour before chicken is done, basting several times with jelly and drippings in pan. Serve hot or cold; to carve, remove legs and wings as for roast chicken and cut across legs and body.

CHICKEN GRAVY

Use butter or drippings from roast chicken; to 4 tablespoons fat add 4 tablespoons flour and brown slightly, stirring constantly; add gradually 2 cups chicken stock and water and cook 5 minutes, stirring until thickened. Use milk or light cream for part of stock, if desired; season to taste with salt and pepper. Gravy may be prepared in this way for any roasted bird. Approximate yield: 2 cups gravy, or enough for 6 portions.

GIBLET GRAVY

Add finely chopped cooked, steamed, or baked giblets (page 298) to 1 to 2 cups Chicken Gravy (see above). Yield: $1\frac{1}{2}$ to $2\frac{1}{2}$ cups gravy.



BAKED MARYLAND CHICKEN

297

Use 2 frying chickens weighing about 2½ pounds each; disjoint, cut in pieces for serving, wash and dry. Roll in seasoned flour, dip in egg, beaten slightly with 2 tablespoons water, and roll in coarse bread crumbs; place in well-greased pan or casserole. Bake, uncovered, in hot oven (400°-425° F.) for 45 to 60 minutes, or until tender, basting frequently with hot mixture of ½ cup butter, 2 tablespoons water and 1 teaspoon lemon juice. Serve with gravy made from giblet stock and cream (page 296).

DEVILED CHICKEN

1 frying chicken (3 lb.)	1 tablespoon minced parsley
½ cup butter	1 teaspoon salt
2 teaspoons Worcestershire sauce	dash of cayenne
1 teaspoon dry mustard	2 cups soft bread crumbs, buttered

Disjoint chicken, cut in pieces for serving, wash and dry; spread with butter mixed with seasonings and place in well-greased pan or casserole. Cover with crumbs and bake, covered, in moderately slow oven (325°-350° F.) ½ to 1 hour, or until tender. Serve with chicken gravy or cream sauce (page 378), as desired. Giblets, simmered or cooked until partially done, may be prepared in this way. Approximate yield: 4 portions.

BAKED BROILERS

Split, wash and dry broilers; sprinkle with salt and pepper, dot with butter and lay, skin side down, in greased shallow pan. Bake, uncovered, in hot oven (400° F.) about ½ hour, or until tender, turning when half done; baste each side occasionally with melted butter. Allow about ¾ pound per portion.

BOILED CHICKEN

Clean and wash fowl, and leave whole or cut in pieces; place in large kettle, add boiling water to half cover, and simmer, covered, for 2 to 3 hours, or until tender, adding ½ teaspoon salt per pound after first hour of cooking. Serve with Chicken Gravy made from stock (page 296) or with Dumplings (page 401), or use in recipes calling for cooked chicken. Allow ½ to ¾ pound per portion.

COOKED GIBLETS

Clean giblets (heart, gizzard and liver); cover heart and gizzard with cold water and simmer, covered, until tender, or for $\frac{3}{4}$ to 1 hour, adding liver and $\frac{1}{2}$ teaspoon salt the last 20 minutes of cooking. The neck cut off near the body and the tips of wings may be cooked with giblets to make a rich stock; chop meat and giblets and add to gravy or dressing, and use stock for gravy or to moisten stuffing.

CHICKEN FRICASSEE

Cut up fowl and cook as for Boiled Chicken (page 297); roll pieces in well-seasoned flour and sauté in butter, bacon or pork fat in heavy frying pan until browned. Remove to hot platter; thicken $1\frac{1}{2}$ cups stock with roux of 2 tablespoons each butter and flour, add $\frac{1}{2}$ cup cream, bring to boiling point and pour over chicken. Serve with spaghetti, rice or hot baking powder biscuits.

BROWN FRICASSEE

Sauté pieces of young cooked fowl (page 297) with 3 slices salt pork, chopped; remove chicken and pork cracklings. Stir 3 tablespoons flour into drippings, then 2 cups boiling water or stock from giblets and cook until thickened; return chicken to gravy, add 1 teaspoon salt and $\frac{1}{8}$ teaspoon pepper, and simmer, covered, 2 to 3 hours, or until tender. Serve chicken on hot platter with gravy poured over top.

CHICKEN AND SWEETBREAD CASSEROLE

$\frac{1}{4}$ pound mushrooms, sliced	3 cups diced cooked chicken
1 tablespoon chopped onion	$\frac{1}{2}$ cup chopped cooked sweetbreads
3 tablespoons butter	(page 281)
$\frac{1}{4}$ cup flour	$\frac{3}{8}$ cup blanched almonds
1 cup chicken stock	1 teaspoon salt
$\frac{1}{2}$ cup milk	dash of pepper
$\frac{1}{2}$ cup light cream	$\frac{1}{4}$ cup bread crumbs, buttered

Sauté mushrooms and onion in butter until lightly browned; stir in flour, add stock and milk gradually, and cook, stirring until thickened. Add cream, chicken, sweetbreads, almonds, salt and pepper, and bring to a boil; turn into greased hot casserole or individual baking dishes and cover with crumbs. Bake in hot oven (400° F.) about 20 minutes, or until browned. Approximate yield: 6 portions.

BRUNSWICK STEW

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| 1 fowl (3 lb.), cut in pieces | 1½ cups green lima beans |
| boiling water | 2 cups canned tomatoes |
| 1 teaspoon salt | 1½ cups sweet corn |
| ¼ cup chopped onion | dash of pepper |
| 1 teaspoon Worcestershire sauce | |

Cover chicken with hot water and cook 1½ hours; add salt, onion, lima beans and tomatoes, and cook ½ hour longer. Remove chicken, pick meat from bone and chop fine; return to stew, add corn, pepper and Worcestershire sauce, and cook until thick. Yield: 6 portions.

CHICKEN CREOLE

- | | |
|------------------------------------|------------------------------|
| 1 fowl (3 lb.), cut in pieces | 7 medium-sized tomatoes |
| salt and pepper | 1 tablespoon chopped parsley |
| ¼ pound bacon, cut in 1-inch cubes | ½ teaspoon thyme |
| 1 thin slice ham, cut in 6 pieces | 2 cups sliced okra |
| 2 small onions, chopped | 1½ quarts boiling water |
| 3 cups Boiled Rice (page 420) | |

Season prepared chicken with 1 teaspoon salt and sprinkle with pepper. Pan-broil bacon in large heavy frying pan or Dutch oven until crisp and remove pieces; fry slowly ham and chicken in drippings until browned, adding onions when turning to brown other side; pour off all but 3 tablespoons drippings. Add bacon, 1 chopped tomato or ½ cup cooked tomato, parsley, thyme, ½ cup okra and hot water, and simmer, covered, 1½ hours; add remaining 1½ cups okra and cook ½ hour longer, adding more water if necessary. Place remaining 6 whole tomatoes on top and cook, covered, 15 minutes, or until just soft. Place mixture in a tureen, arranging tomatoes on top; serve with hot rice. Yield: 6 portions.

LUNCHEON CHICKEN

- | | |
|-----------------------------|-------------------------------------|
| thinly sliced smoked ham or | sliced cooked chicken, duck, goose, |
| Canadian bacon | turkey or guinea hen |
| hot toast, buttered | Mushroom Cream Sauce (page 378) |

Broil or pan-broil ham (page 259), cut in pieces and place on buttered hot toast; place slices of chicken on top and serve sauce over all. Any left-over meat may be used in this way to make an attractive luncheon or supper dish.

FAMOUS CHICKEN CURRY

2 fowls (3½ lb. each), cut in pieces	½ teaspoon ginger
1½ quarts boiling water	½ teaspoon tabasco sauce
1 teaspoon salt	1 tablespoon Worcestershire sauce
3 medium-sized onions, minced	¼ cup flour
6 stalks celery, minced	½ cup cold water
2 apples, minced	1 fresh coconut
½ cup olive oil	2 cups heavy cream
¼ cup curry powder	3 egg yolks, well beaten
¼ teaspoon pepper	

6 cups boiled rice, molded in ring (page 420)

Add cleaned chicken to boiling water and cook until tender, adding salt when half done (page 297); reserve stock, pick meat from bones and cut in smaller pieces. Sauté onions, celery and apples in olive oil until slightly browned; stir in curry powder and simmer 5 minutes; add remaining seasonings and chicken stock (1 quart), and cook 20 minutes; stir in flour mixed with water and cook 5 minutes, stirring until thickened. Drain milk from coconut and add with chicken to vegetable-curry mixture, remove from heat and let stand 3 hours. When ready to serve, add cream and egg yolks, and heat to boiling, stirring constantly; serve in hot rice ring with shredded fresh coconut. Use a large relish tray for a more elaborate service; fill each section with an accompaniment such as chutney, shredded fresh coconut, chopped peanuts, chopped hard-cooked egg yolks, chopped cooked egg whites, chopped crisp bacon or tiny circles of fried onion. Approximate yield: 8 portions.

CHICKEN WITH NOODLES

1 large fowl, cut in pieces	dash of pepper
6 cups cooked noodles (page 417)	3 tablespoons butter
½ pound mushrooms, sliced	1 cup chicken broth
½ teaspoon salt	1 cup milk, scalded
	½ cup bread crumbs, buttered

Cook chicken until tender (page 297) and remove meat from bones. Place hot noodles, chicken and mushrooms in alternate layers in greased hot casserole, using ½ of each; repeat layers with remaining amounts. Add salt, pepper and butter to hot broth and milk, and pour over filled casserole; cover with crumbs and bake, uncovered, in moderate oven (350° F.) about 20 minutes, or until browned. Yield: 6 to 8 portions.

EARLY NEW ENGLAND CHICKEN PIE

Plain Pastry (page 637)

1 fowl (4 lb.), boiled (page 297)

3 cups Chicken Gravy (page 296)

Line an earthen baking dish or casserole with pastry rolled $\frac{1}{4}$ inch thick; lay pieces of hot boiled chicken, seasoned to taste, in dish and pour gravy over top. Cover with pastry rolled $\frac{1}{8}$ inch thick; cut gashes in top to permit escape of steam, or arrange lattice of pastry strips on top. Bake in hot oven (450° F.) 15 minutes, then reduce heat to moderate (350° F.) and bake $\frac{1}{2}$ hour longer. Approximate yield: 6 portions.

CHICKEN PIE

1 fowl (4 lb.), cut in pieces

$\frac{1}{4}$ cup butter

1 onion, sliced

3 tablespoons flour

$\frac{3}{4}$ cup diced celery

salt and pepper

2 tablespoons minced parsley

1 hard-cooked egg, sliced

$\frac{1}{2}$ pound mushrooms, sliced

1 recipe Baking Powder Biscuits (page 114)

Cook fowl until tender (page 297); remove from stock and separate meat from bones. Add onion, celery and parsley to stock, and simmer $\frac{1}{2}$ hour; strain. Sauté mushrooms in butter 5 minutes, stirring frequently; stir in flour, add 2 cups stock gradually, cook until thickened, and season to taste; add chicken, bring to a boil and turn into lightly greased hot casserole. Cover with egg slices and arrange rounds of baking powder biscuit dough on top. Bake in hot oven (425° F.) for 15 to 20 minutes. Approximate yield: 6 portions.

CHICKEN SOUFFLÉ

1 cup milk

$\frac{1}{4}$ cup grated American cheese

3 tablespoons quick-cooking tapioca

1 cup chopped cooked chicken

1 teaspoon salt

3 eggs, separated

$\frac{1}{8}$ teaspoon pepper

1 - 3 teaspoons Angostura

paprika

Cook milk and tapioca over rapidly boiling water 8 to 10 minutes, stirring frequently; add salt, pepper, cheese and chicken, and stir until cheese is melted. Cool slightly, then stir in well-beaten egg yolks and Angostura; fold in stiffly beaten egg whites, turn into greased casserole and sprinkle with paprika. Set in pan of hot water and bake in moderate oven (350° F.) 40 to 50 minutes, or until delicately browned and firm in center. Approximate yield: 6 portions.

JELLIED CHICKEN LOAF

1 fowl (4 lb.), cut in pieces	2 stalks celery
1½ quarts boiling water	1 small onion
2 teaspoons salt	1 tablespoon gelatin
⅛ teaspoon pepper	¼ cup cold water
1 carrot	olive oil

Add fowl to hot water and cook until tender, adding seasonings and vegetables after first hour of cooking (page 297); remove meat, boil down stock to about 2 cups and strain through wet cheesecloth. Soften gelatin in cold water 5 minutes; add to hot stock, stirring until dissolved, then cool. Pick chicken from bones, chop fine, add to stock-gelatin mixture and cool; when slightly thickened, turn into mold or loaf pan, lightly greased with olive oil; chill until firm. When ready to serve, unmold on cold platter and garnish with parsley, watercress, or radish roses, as desired. Approximate yield: 1 loaf, 9 x 5 x 3 inches, or 8 portions.

MODIFICATIONS OF JELLIED CHICKEN LOAF

Pressed Chicken—Boil down chicken stock about one-third, strain and add to chicken, mixing thoroughly; pack into oiled loaf pan, set same size pan on top; hold down with light weight. Chill until cold; slice and serve. Approximate yield: 6 portions.

Quick-layered Chicken—Substitute 3 cups coarsely chopped cooked chicken and 2 cups hot chicken broth or canned chicken soup for fowl and stock; use 2 hard-cooked eggs, sliced, and ½ cup sliced stuffed olives. Pour a thin layer of gelatin-stock mixture in bottom of lightly oiled mold or loaf pan and chill; when firm, arrange egg and olive slices in attractive design on layer, cover with enough gelatin mixture to anchor design and chill until set. Place one-half of chicken over this, pour gelatin over top and chill until firm. Repeat layers with remaining amounts, pouring gelatin over all; chill until set. To serve, unmold on crisp lettuce on cold platter and slice. Approximate yield: 1 loaf, 9 x 5 x 3 inches, or 8 portions.

KINSLEY'S CHICKEN CROQUETTES

Prepare recipe for Meat Croquettes (page 267), using ground chicken for meat; add ¼ cup sliced mushrooms sautéed in 1 tablespoon butter, 1½ tablespoons lemon juice, 2 tablespoons sherry and a dash of nutmeg to croquette mixture, and mix thoroughly. Shape and fry as directed; serve with a savory sauce. Yield: 1 dozen small croquettes.

PICKLED COCKSCOMBS

303

50 cockscombs	½ teaspoon pepper
salt	½ teaspoon cloves
2 carrots, chopped fine	2 cups vinegar
1 stalk celery, chopped fine	2 cups water or chicken stock

Cockscombs are usually purchased at a slaughterhouse when used fresh; wash and place in a bag or frying basket and plunge into kettle of boiling water for ½ minute. Drain, turn out on board or table and sprinkle generously with salt; rub off skin with cloth and cut off horny tips. Rinse, drop into boiling salted water to cover and simmer, covered, 25 minutes; drain and put in preserving kettle. Add vegetables, 1 teaspoon salt, pepper, cloves, vinegar and water, bring to a boil and simmer ½ hour; fill sterilized jars to overflowing and seal immediately. Serve cold as appetizers or hors d'œuvres, allowing 1 or 2 to a portion. Yield: 5 pints with 50 cockscombs.

STUFFED COCKSCOMBS

Boil cockscombs as for Pickled Cockscombs (see above) and remove skin and horny tips. Drain, rinse and cool; cut small incision in each, fill with Chicken Force meat (page 399) and bring ends together with cocktail toothpick. Cover with mixture of equal parts Velouté Sauce (page 380) and a tart jelly, and chill thoroughly. Drain, dip in slightly beaten egg and roll in fine bread crumbs; fry in hot fat (365°–370° F.) for 3 to 6 minutes, or until well browned. Remove crumbs from toothpick and serve hot as an hors d'œuvres or appetizer, allowing 1 or 2 to a portion.

CHICKEN-OYSTER SHORTCAKE

1 recipe Cornbread (page 124)	8 oysters
2 cups Medium White Sauce (page 91)	butter
2 cups diced cooked chicken	dash of paprika
	pimiento

Bake cornbread in 8 x 12-inch pan as directed. When bread is nearly baked, prepare white sauce, add chicken and heat thoroughly. Cut oysters in halves and sauté in ½ tablespoon butter about 3 minutes; add to creamed chicken, season with additional salt and pepper, if needed, add paprika, and keep hot. Cut hot cornbread in 4-inch squares, split and spread with butter; then put chicken-oyster filling between pieces and on top of cornbread; garnish with strips of pimiento. Approximate yield: 6 portions.

SOUTHERN CHICKEN ROLL

1¼ cups diced cooked chicken	⅛ teaspoon paprika
⅓ cup minced ripe olives	1 recipe Baking Powder Biscuits
⅓ teaspoon minced onion	(page 114)
1 tablespoon minced pimiento	6 pimiento strips
Chicken Gravy (page 296)	

Mix together chicken, olives, onion, pimiento and paprika. Prepare biscuit dough increasing shortening to ⅓ cup; roll ¼ inch thick and spread with chicken mixture. Roll and place, seam side down, in greased pan; bake in hot oven (425° F.) 15 to 20 minutes. Remove to hot platter, place pimiento strips across roll and serve with gravy or cream sauce. Approximate yield: 6 portions.

CHICKEN LOAF WITH MUSHROOM SAUCE

2 cups cooked chicken	2 egg yolks
1 cup peas	1 teaspoon salt
½ cup cooked diced carrots	1½ teaspoons onion juice
1 cup soft bread crumbs	1 teaspoon lemon juice
½ cup milk	Mushroom Sauce (page 379)

Put cold left-over chicken and vegetables through food chopper; mix with crumbs, milk, egg yolks, salt, onion and lemon juice, and pack into greased loaf pan. Bake in moderate oven (350° F.) about 40 minutes. Unmold on hot platter, slice and serve with mushroom sauce. Yield: 1 loaf, 8 x 4 x 3 inches, or 6 portions.

CHICKEN CHOW MEIN

1 cup celery strips	2 teaspoons soy sauce
1 small onion, sliced	½ cup sliced mushrooms
1 green pepper, finely sliced	2 cups shredded cooked chicken
2 cups chicken stock or bouillon	1 teaspoon cornstarch
1 teaspoon salt	2 tablespoons water
1 can (No. 2½) Chinese noodles	

Cook celery, onion and green pepper in stock 20 minutes; add salt, soy sauce, mushrooms, chicken and cornstarch mixed with water, and cook 10 minutes, stirring until thickened. Serve on crisp noodles; garnish top with slices of breast meat if desired. Yield: 6 portions.

CHINESE CHOW MEIN

305

$\frac{2}{3}$ cup chopped onions	$1\frac{1}{2}$ teaspoons salt
$\frac{1}{2}$ cup chopped celery leaves	$\frac{1}{8}$ teaspoon pepper
3 tablespoons fat	3 tablespoons soy sauce
4 cups chopped celery	2 cups cooked shrimps
1 can (No. 2) bean sprouts, drained	1 can (No. 2 $\frac{1}{2}$) Chinese noodles
$\frac{1}{4}$ cup flour	$1\frac{1}{2}$ cups shredded cooked chicken
2 cups water	2 hard-cooked eggs, sliced

Sauté onions and celery leaves in fat until golden brown; add celery and liquid from bean sprouts, and simmer 20 minutes. Stir in flour mixed with water to a smooth paste, and cook until thickened; add salt, pepper, soy sauce, bean sprouts and cleaned shrimp, and simmer 15 minutes. Place noodles in shallow pan and heat in moderate oven (350° F.) about 15 minutes, stirring occasionally. Serve chow mein over noodles and top with chicken and egg. Yield: 6 portions.

CREAMED CHICKEN

2 cups Medium White Sauce (page 91)	buttered hot toast, croustades, or patty shells
2 cups diced cooked chicken	paprika or minced parsley

Prepare white sauce with rich milk, substituting 1 cup chicken stock for 1 cup milk; add chicken, diced or cut in strips, and heat thoroughly. Serve on toast and sprinkle lightly with paprika or parsley. Approximate yield: 6 portions.

CREAMED CHICKEN EN CASSEROLE

$2\frac{1}{2}$ cups sliced cooked chicken	$\frac{1}{2}$ cup bread crumbs, buttered
2 tablespoons chopped pimiento	steamed or cooked broccoli (page 444)
3 cups Thin White Sauce (page 91)	grated cheese

Add chicken and pimiento to white sauce and bring to a boil; turn into greased casserole, sprinkle with $\frac{1}{4}$ cup crumbs and bake in moderate oven (350° F.) for 15 minutes; place broccoli on top, sprinkle with grated cheese and remaining $\frac{1}{4}$ cup crumbs, and continue baking 10 minutes, or until browned. Yield: 6 portions.

CHICKEN À LA KING

2 cups Medium White Sauce (page 91)	3 tablespoons butter
1 cup cream	1 pimienta, cut in thin strips
1 cup sliced mushrooms	2 cups diced cooked chicken
1 green pepper, minced	salt and pepper
	2 egg yolks, slightly beaten
	buttered toast

Prepare sauce with 1 cup milk and 1 cup chicken stock, add cream and bring to a boil. Sauté mushrooms and green peppers in butter 10 minutes, stirring frequently; add with pimienta and chicken to sauce, season to taste with salt and pepper, and simmer about 5 minutes; stir into egg yolks and cook 1 minute, stirring constantly. Serve at once on hot toast or rusks; or serve in patty shells or vol-au-vent. For variation add one of the following: 1 wine glass sherry; 1 teaspoon lemon juice and $\frac{1}{4}$ cup chopped ripe or stuffed olives; $\frac{1}{2}$ cup chopped pecans or almonds and 1 teaspoon lemon juice. Yield: 6 portions.

CHICKEN-MUSHROOMS IN RICE RING

1 pound mushrooms water	1 tablespoon lemon juice few drops onion juice
$\frac{1}{4}$ cup butter, melted	$\frac{1}{2}$ teaspoon salt
3 tablespoons flour	dash of pepper
$1\frac{1}{2}$ cups chicken stock	$\frac{1}{4}$ cup shredded pimienta
2 cups diced cooked chicken	2 egg yolks, slightly beaten
3 cups hot boiled rice, molded in ring (page 420)	

Remove stems and peelings from mushrooms, cover with water and simmer 30 minutes; strain through cheesecloth. Slice mushroom caps and sauté in butter 5 minutes; sift flour over the mushrooms and stir carefully with fork until butter absorbs flour. Gradually add mushroom and chicken stocks, and cook, stirring until thickened; add chicken, seasonings, pimienta and egg yolks, and cook 2 minutes, stirring constantly. Serve at once in molded ring of hot rice. Approximate yield: 6 portions.

CHICKEN PILAU

307

2 cups rice	¼ teaspoon pepper
2 quarts boiling water	1 onion, chopped
1 stewing chicken (3½ lb.), cut in pieces	2 stalks celery, chopped
2 teaspoons salt	2 tomatoes, sliced
	6 tablespoons butter

Drop rice into boiling water in large saucepan, add chicken and simmer, covered, 1½ to 2 hours, or until chicken is almost done, adding salt and pepper after first hour of cooking. Brown onion, celery and tomatoes in butter; add to chicken and continue cooking ½ hour. Approximate yield: 6 portions.

CHICKEN WITH ALMONDS

1 tablespoon minced onion	¼ bay leaf
3 tablespoons butter	3 cups diced cooked chicken or 1 can boned chicken
½ cup white wine, Sauternes, or Rhine wine	¼ cup raisins
1 cup chicken stock	½ cup minced blanched almonds
1 cup Medium White Sauce (page 91)	¼ cup sherry
1 whole clove	3 egg yolks, slightly beaten
	½ cup heavy cream
	buttered toast

Sauté onion in butter until slightly browned; add wine, chicken stock, white sauce, and seasonings, and cook 5 minutes, stirring until smooth. Add chicken, raisins and almonds, and heat thoroughly; add sherry and egg yolks mixed with cream, and cook 1 minute, stirring constantly. (In Peru they add a dash of cumin seed to this dish.) Serve at once on toast. Approximate yield: 8 portions.

CHICKEN TERRAPIN

3 cups diced cooked chicken	¾ cup sherry
½ cup chicken stock	buttered hot toast
1 cup Thick White Sauce (page 91)	1 hard-cooked egg

Simmer chicken, covered, in broth about 10 minutes, then add to white sauce; gradually stir in sherry, add grated egg yolk and simmer 5 minutes. Serve on toast and garnish with diced egg white. Diced parboiled sweetbreads may be substituted for part of chicken and creamed mixture may be served in timbale or patty shells. Approximate yield: 6 portions.

ROAST DUCKLING

Prepare young duck for roasting, rub salt over surface and in cavity, and place 1 onion inside; rub outside surface with cooking oil. Roast according to method I or II for Roast Chicken (page 295), allowing 15 to 20 minutes per pound; baste frequently with drippings, hot water or orange juice. Remove onion and serve duck with pan gravy (page 379). Yield: 4 to 6 portions.

ROAST DUCK

Choose duck which is not too fat; singe, clean, wash, dry, rub inside with salt and stuff, if desired, with a fruit or onion stuffing (page 397), or with quartered tart apples. Rub with salt, sprinkle with pepper, place, breast side up, on rack in roaster or dripping pan and roast, uncovered, according to method I or II for Roast Chicken (page 295), basting frequently with drippings in pan or with hot water if duck is fat; allow 20 to 25 minutes per pound for total roasting. Place on hot platter, garnish with parsley or watercress and serve with gravy made from drippings (page 379). Allow about 1 pound per portion.

DUCK WITH ORANGE SAUCE

1 duck (5 lb.)	½ cup orange juice
1 teaspoon salt	1 teaspoon lemon juice
dash of pepper	2 tablespoons port wine jelly
1 medium-sized onion, sliced	1 tablespoon flour
1 large carrot, sliced	2 tablespoons cold water
1 stalk celery, sliced	rind of 3 oranges
3 cups boiling water	rind of 1 lemon
	1 navel orange, sliced

Prepare duck for roasting, rub with salt and sprinkle with pepper. Place vegetables in roasting pan, lay duck on top and pour hot water in pan. Roast according to method I or II for Roast Chicken (page 295), allowing 20 to 25 minutes per pound. When done, remove duck to hot platter and keep hot; strain liquid in pan, skim off fat, add fruit juices, jelly and flour mixed with water, and cook until thickened, stirring constantly. Cut orange and lemon rinds in narrow strips and cook in boiling water 5 minutes; strain, add rinds to sauce and cook about 5 minutes. Arrange orange slices around duck on platter and serve with sauce. Yield: 4 to 6 portions.

BROILED DUCKLING

309

Singe duckling, clean, split down the back, wash and dry thoroughly; rub with oil, sprinkle with salt and pepper, and proceed as for Broiled Chicken (page 290); allow 20 to 30 minutes. Remove to hot platter, garnish as desired and serve with a tart jelly. Allow $\frac{3}{4}$ to 1 pound per portion.

BRAISED DUCK AND MUSHROOMS

1 duck (4 lb.), cut in pieces	1 bay leaf
1 teaspoon salt	1 onion
$\frac{1}{8}$ teaspoon pepper	2 tablespoons chopped parsley
2 tablespoons fat	$\frac{1}{2}$ pound mushrooms, sliced
1 quart boiling water	2 tablespoons butter
2 whole cloves	$\frac{1}{4}$ cup flour

Wash duck and dry thoroughly; sprinkle with salt and pepper, and brown in fat in large heavy frying pan or kettle; add hot water, cloves, bay leaf, onion and parsley, cover and simmer 1 to $1\frac{1}{2}$ hours, or until almost tender. Sauté mushrooms in butter about 5 minutes, stir in flour and duck stock from kettle, and cook until thickened; pour over duck and cook, covered, 10 minutes longer. Place duck on hot platter and pour sauce over it. Yield: 4 to 6 portions.

POTTED DUCK

1 duck ($3\frac{1}{2}$ lb.)	2 tablespoons tomato paste
$\frac{1}{4}$ pound chopped salt pork	2 bay leaves
2 medium-sized onions, sliced	1 sprig thyme
2 tablespoons flour	1 teaspoon salt
2 cups water or giblet stock	$\frac{1}{4}$ teaspoon pepper

Prepare duck as for roasting (page 308). Fry salt pork slowly in heavy skillet or Dutch oven 2 to 3 minutes; add onions and sauté until slightly browned. Remove pork and onions and sear duck in drippings until well browned on all sides, turning frequently; then remove duck, stir flour into drippings, add water gradually, and cook until thickened, stirring constantly. Add remaining ingredients, duck, pork and onions, cover and simmer 1 to $1\frac{1}{2}$ hours, or until tender, turning occasionally. Approximate yield: 4 to 6 portions.

ROAST GOOSE

Choose young goose, 8 to 10 pounds in weight; singe, clean, cut off neck at body, wash and dry. Rub inside with salt and outside with salt and pepper, and if desired, a clove of garlic. Fill cavities loosely with Celery Stuffing (page 400) or a fruit stuffing; sew cut surfaces, fold skin back over neck and fasten with skewer. Truss and place on roasting rack. Prick skin well with sharp fork to let fat run out. Roast, uncovered, according to method I or II for Roast Chicken (page 295), adding 1 cup hot water after $\frac{1}{2}$ hour of roasting; allow 20 to 25 minutes per pound for total roasting. Place on hot platter; garnish as desired, and serve with gravy made from 4 tablespoons each drippings and flour and 2 cups giblet stock. Goose fat drippings may be used in many baking recipes. Allow 1 to $1\frac{1}{4}$ pounds per portion.

SALMIS OF GOOSE

4 cups sliced cooked goose	2 cups goose gravy
2 tablespoons lemon juice	12 ripe olives, sliced
2 tablespoons Worcestershire sauce	$\frac{1}{2}$ cup sherry
buttered hot toast	

Add goose, lemon juice and Worcestershire sauce to gravy, and simmer about 20 minutes. Add olives and sherry, heat thoroughly and serve at once on toast. Left-over vegetables such as carrots and peas may be added to the dish. Approximate yield: 6 portions.

GOOSE LIVER BALLS

2 slices stale bread	dash of nutmeg
milk	$\frac{1}{4}$ cup butter
4 eggs, slightly beaten	1 cup chopped cooked liver
1 tablespoon chopped parsley	1 quart goose stock
$\frac{1}{2}$ teaspoon salt	2 tablespoons flour

Crumble bread and soak 5 minutes in just enough milk to cover; mix with eggs, parsley, salt and nutmeg, and cook in 2 tablespoons butter over low flame until mixture thickens, stirring constantly. Add liver and cool; shape into balls and cook, covered, in hot stock about $\frac{1}{2}$ hour. Remove balls to hot platter; thicken stock with roux made of remaining 2 tablespoons butter and flour, and pour over balls. Approximate yield: 4 portions.

BROILED TURKEY

311

Select young (baby) turkeys weighing 3 to 4 pounds; split down center back, wash and dry thoroughly. Rub well with butter or salad oil, sprinkle with salt and pepper, and lay, skin side down, on greased rack in broiling pan. Place about 2 to 3 inches from heat in moderately hot broiler (350° F.) and cook until seared, basting occasionally with melted butter; turn, baste and continue broiling until done; allow 30 to 40 minutes for total broiling. One turkey makes 2 to 4 portions.

ROAST TURKEY

Choose a young turkey weighing 10 to 16 pounds. Dress, clean and stuff, using 8 to 14 cups stuffing; proceed as for Roast Chicken (page 295), allowing 18 to 25 minutes per pound according to age of bird and method used; the smaller the bird the longer the time required per lb. Baste, if desired, with mixture of butter and hot water or with drippings in pan; hot cider may be used instead of water. Slices of bread arranged over parts which brown faster than others will insure an even browning. Garnish as desired and serve with turkey gravy made from drippings and giblet stock. Allow $\frac{3}{4}$ to 1 pound per portion.

ROAST HALF TURKEY

One-half turkey split down center back may be stuffed and roasted as satisfactorily as a whole turkey; fill with stuffing, cover cut side with parchment paper and truss to hold in stuffing. Place, paper side down, on roaster rack and roast as for whole bird (see above). In some markets it is possible to buy half of a plump turkey to use for a small family.

ROASTED OLD TOM

Steam or cook old turkey until partially done and connective tissue is softened (page 312); stuff with any desired stuffing (page 396), truss, brush well with olive oil and sprinkle with flour. Roast, uncovered, in moderate oven (350° F.) until tender and well browned, or 10 to 15 minutes per pound, basting frequently with butter and hot stock, and turning occasionally to brown all sides; sprinkle several times with flour if a heavy crust is desired. For a glazed surface, omit flour and spread with $\frac{1}{2}$ cup tart jelly $\frac{1}{2}$ hour before turkey is done, basting frequently with jelly mixture in pan. Allow $\frac{3}{4}$ pound per portion.

**FRIED TURKEY**

If an older turkey is used, steam or cook partially before frying. Cut turkey in pieces suitable for serving; roll in well-seasoned flour, dip in egg, beaten slightly with 2 tablespoons water, and roll in sifted bread crumbs. Sauté in bacon drippings, butter or other fat in heavy frying pan or Dutch oven until well browned on all sides; cover and cook slowly until tender, allowing from 1 to 2 hours, according to age of bird. Serve with turkey giblet gravy (page 296). Allow $\frac{1}{2}$ to $\frac{3}{4}$ pound per portion.

TURKEY FRICASSEE

Cut up old turkey tom or hen in pieces for frying; roll in seasoned flour and sauté in fat in heavy frying pan or Dutch oven until browned on all sides. Add hot water to half cover and simmer, covered, 3 to 4 hours, or until tender. Thicken stock with roux of butter and flour and season to taste. Serve turkey on hot platter or in large bowl with gravy poured over top. If desired, add vegetables such as sliced carrots, celery and onions, to turkey the last 20 to 30 minutes of cooking. Allow about $\frac{3}{4}$ pound turkey per portion.

"BOILED" TURKEY

Clean and wash old hen or tom turkey, leave whole or cut in pieces; add boiling water to half cover, bring to a boil and simmer, tightly covered, 3 to 5 hours, or until tender, removing scum as it forms and adding $\frac{1}{2}$ teaspoon salt per pound after first hour of cooking. Serve with gravy made from stock and with dumplings or biscuits, or use in salads, soufflés, creamed or baked dishes. To cook in pressure cooker, see directions for cooking ham in pressure cooker (page 262); allow 10 to 15 minutes per pound for whole turkey at 10-pound pressure. Allow $\frac{1}{2}$ to $\frac{3}{4}$ pound per portion.

STEAMED TURKEY

A steamed turkey retains its juices and flavor. Prepare turkey as for "Boiled" Turkey (see above). Place in steamer, on rack in kettle, or in colander or strainer which fits into kettle. Add enough water to cover bottom well, but not touch the meat, boil gently, tightly covered, 3 to 5 hours. Add hot water as necessary to keep from boiling dry. Turkey is cooked in steam and kettle must be tightly covered. A pressure cooker can be used if petcock is left open; place meat on rack and add enough water to cover bottom and produce steam during cooking period; add more water if kettle boils dry.



CARVING A TURKEY IS A RITE IN SOME FAMILIES

Sharp tools are essential to carve turkey skillfully. The fork is inserted just back of the tip of the breastbone. The drumstick and wing on one side are severed at the joints close to the body and the leg is disjoined; then thin slices of white meat are cut from the breast across the grain. See directions for carving (page 290) for detailed information.

TURKEY CASSEROLE

Use an older turkey; prepare and sauté pieces as for Turkey Fricassee (page 312); place browned pieces in casserole, cover with milk and bake, covered, in slow oven (300°-325° F.) 4 to 5 hours, or until tender. Thicken gravy if desired, with roux of butter and flour. Allow $\frac{3}{4}$ pound per portion.

RAGOUT OF TURKEY

1 tablespoon flour	$\frac{1}{2}$ teaspoon Worcestershire sauce
2 tablespoons butter	3 cups cooked turkey
1 to $1\frac{1}{2}$ cups gravy or stock	1 tablespoon cranberry or currant jelly
$\frac{1}{4}$ teaspoon salt	$\frac{1}{4}$ cup sherry or Madeira
pinch of nutmeg	toast or rusks

Brown flour in butter, stirring constantly; stir in gravy or stock and cook until thickened; season with salt, nutmeg and Worcestershire sauce. Add turkey and cook 10 minutes, or until thoroughly heated. Stir in jelly and sherry, bring to a boil and turn at once into covered dish; serve on hot toast. Approximate yield: 6 portions.

TURKEY CHARTREUSE

Line bottom and sides of buttered mold with seasoned boiled rice. Mix finely chopped left-over turkey with an equal amount of dressing, season with salt, paprika, onion juice and chopped parsley, and moisten with giblet gravy. Pack into center of mold and cover with rice; cover tightly and steam 1 hour. A $1\frac{1}{2}$ quart mold makes 6 portions.

TURKEY MOUSSE

$1\frac{1}{2}$ tablespoons gelatin	1 tablespoon chopped olives
2 tablespoons cold water	1 cup chopped cooked turkey
1 cup hot chicken broth or stock	1 cup heavy cream, whipped
salt, celery salt and paprika	2 egg whites, stiffly beaten

Soften gelatin in water 5 minutes, add hot broth, stirring until dissolved; season to taste and cool. When slightly thickened, beat with rotary beater until frothy; add olives and turkey, and fold in cream and egg whites. Turn into buttered loaf pan or mold and chill thoroughly in refrigerator. Serve cut in slices. Approximate yield: 1 loaf, 8 x 4 inches, or 6 portions.

SCALLOPED TURKEY

315

- | | |
|---------------------------------------------|---------------------------------------|
| 1/4 pound egg noodles, cooked
(page 417) | 1 1/2 cups diced cooked turkey |
| 1 cup cooked diced celery | 1 1/2 cups Thin White Sauce (page 91) |
| | 1/4 cup grated cheese |

Arrange noodles, celery and turkey in alternate layers in greased casserole; pour white sauce over all and sprinkle with cheese. Bake in moderately hot oven (375° F.) about 25 minutes, or until top is browned. Approximate yield: 6 portions.

TURKEY LOAF

- | | |
|-------------------------------------------|--------------------------------|
| 2 cups Thick White Sauce (page 91) | 2 cups diced cooked turkey |
| 1 cup turkey stock or chicken
bouillon | 3 tablespoons minced pimientos |
| 1/2 cup fine bread crumbs | 1/4 cup chopped celery |
| | 3 eggs, beaten |

Prepare white sauce, add stock, crumbs, turkey, pimientos, celery and eggs, and mix well; turn into greased baking dish. Bake, uncovered, in moderate oven (350° F.) about 35 minutes; let stand 2 to 3 minutes, loosen sides with spatula and turn out on hot platter. Garnish with cooked and well-seasoned mushroom caps and parsley, if desired, or serve Turkey-Mushroom Sauce (page 377) over sliced loaf. Left-over or canned chicken may be used in place of turkey. Approximate yield: 6 portions.

TURKEY CROQUETTES

Prepare recipe for Meat Croquettes (page 267) with 3 cups diced cooked turkey. Shape and fry as directed. Serve with Mushroom or Parsley Sauce (pages 376-379). Approximate yield: 1 dozen small croquettes, or 6 portions.

TURKEY ROULETTES

- | | |
|-----------------------------------------------|--------------------------------------------------------|
| 1 recipe Baking Powder Biscuits
(page 114) | 1/4 teaspoon pepper |
| 1 cup ground cooked turkey | 2 tablespoons cream or stock |
| 1/2 teaspoon salt | 2 cups turkey gravy or Medium
White Sauce (page 91) |

Roll biscuit dough 1/8 inch thick and cut in 3-inch squares. Spread squares with turkey mixed with seasonings and cream; moisten edges with water, roll like a jelly roll and place, seam down, in baking pan. Bake in hot oven (425°-450° F.) for 15 to 20 minutes and serve with hot gravy or sauce. Approximate yield: 12 roulettes or 6 servings.

BROILED SQUAB ON TOAST

Dress squabs, split down the back and spread open; rub meat with lemon juice, brush with melted butter or bacon fat and sprinkle with salt and pepper. Broil in moderately hot broiler (350° F.) 15 to 20 minutes, turning to brown both sides. Serve on hot toast, buttered and spread with Squab Giblet Paste. Allow ½ jumbo king squab or 1 whole small squab per portion.

Squab Giblet Paste—Cook giblets (3 squabs) in hot water to cover for 15 minutes, or until tender; mash, season to taste with salt and paprika, and add 1 tablespoon Worcestershire sauce and 2 tablespoons of any tart jelly. Young chicken livers may be prepared in this way and used as spread for sandwiches.

PLANKED SQUAB OR PIGEON

Prepare and broil squab or young pigeon on one side as for Broiled Squab (see above); place, broiled side down, on greased hot plank and brush with melted butter. Arrange border of creamy mashed potatoes around edge of plank, brush with beaten egg and bake in hot oven (450° F.) 10 minutes, or until potatoes and squab are browned. Garnish with watercress and mounds of buttered cooked peas. Allow ½ jumbo or 1 small pigeon per portion.

ROAST GUINEA HEN

Singe, clean, wash and dry young guinea fowl; rub cavity with butter, sprinkle with salt and place 1 medium-sized onion, quartered, and 1 green pepper, quartered and seeds removed, in cavity. Truss and place in baking pan, breast down; lay 2 thin strips salt pork over back and bake, uncovered, in hot oven (450°–475° F.) 20 minutes, or until browned, then reduce heat quickly to slow (300°–325° F.), turn bird on its back, sprinkle with salt, pepper and flour, place salt pork pieces back over breast and bake 25 to 30 minutes longer, or until tender; allow 18 to 20 minutes per pound for total roasting. Remove vegetables from inside, place bird on hot platter and serve with giblet gravy made from drippings in pan, and giblet stock, with ground or chopped giblets and ¼ cup currant jelly added to gravy. Stuff with highly flavored stuffing, if desired. Allow about 1 pound per portion.

FRIED GUINEA BREASTS

Use breasts from young guinea chickens; sprinkle with salt and pepper, and sauté in butter or bacon drippings in heavy frying pan about 20 minutes, or until browned and tender. Place on hot platter and serve with buttered mushroom caps and sauce made from drippings in pan and cream. Allow 1 breast per portion.

GAME includes wild duck, wild geese, quail, partridge, woodcock, rabbit and the venison meats. In metropolitan markets game meets game from all parts of the world. Hazel hens from the Soviet Union hobnob with ptarmigan (snow grouse) from Norway; jumbo quail from Uruguay vie for first place in public favor with red leg partridge and pheasant from Great Britain; the mongrel wild goose, so dubbed by hunters because he is a traitor to his clan and mingles freely with domestic birds, is nevertheless a prized morsel on the tables of gourmets. The market for game is an ever-expanding one, for consumers are learning to appreciate the products of forest and field.

Game birds are prepared like domestic poultry for cooking and eating, but require slightly different handling directly following slaughter. In cool weather game is hung in the open, in a breezy spot, and should be carefully protected from flies. In warm weather keep all game in the refrigerator. Game is "high" when the tail feathers can be plucked easily. Most people prefer the flavor of game slightly under the "high" stage. Game is plucked by hand and singed only when necessary. Woodcock is the only commonly consumed game bird that is not drawn (entrails removed) before cooking. All birds should be wiped with a damp cloth before stuffing and roasting.

Carving. A small carving knife, 5- to 7-inch blade, is used for carving game. Duck shears are also used to split small birds and to sever limbs. A medium-sized roast bird is split in half, lengthwise, or in four portions, lengthwise and again transversely. The breast, alone, of small wild duck is used; one thick fillet, or slice, is cut off each side, or both fillets are divided lengthwise in two.

Young pigeons are served whole, or split lengthwise in half.

Pheasant is usually roasted and carved at the table. Small pheasant (1½ to 2 lb. each) will serve two people; a 3-lb. pheasant

GAME [[WILD DUCK AND GOOSE]]

318 yields four small, and three generous portions. The breast alone is used, or portions of the breast and the limbs are included. If stuffing is used, a spoonful of stuffing is served with each portion.

To serve pheasant attractively and in the traditional manner, the tail plumage is sometimes arranged around the platter on the cloth. The plumage is cleansed by pouring boiling water through the tail feathers; shake dry.

BROILED WILD DUCKS

Young wild ducks such as mallard ducks are cleaned, split down the back, washed and dried in same manner as the domestic duck; the teal duck is left whole. Rub with olive oil, sprinkle with salt and pepper and lay, skin side down, on rack; broil in moderate broiler (350° F.) for 15 to 20 minutes, or until tender, turning several times to brown evenly. Serve on hot platter with Lemon Butter (page 164) mixed with chopped parsley. Allow 1 to 1½ pounds per portion.

ROAST WILD DUCK OR GOOSE

Wild ducks such as the mallard or teal, and wild geese such as the Canada or the Brant, have a strong gamy flavor. Singe, clean, wash and dry as for any fowl; rub inside with salt and place small onion or apple in cavity. Truss and place on rack in roaster or dripping pan; rub surface with salad oil or lay slice of bacon over breast, and sprinkle with salt and pepper. Bake, uncovered, in moderately slow oven (325°-350° F.) until done, allowing 15 to 20 minutes per pound: bake duck ½ to 1 hour, and goose 1 to 2 hours according to weight of bird, basting occasionally with drippings in pan. Remove bird to hot platter, and serve with gravy made from drippings in pan and stock from giblets (page 298), a tart jelly such as currant or wild plum, and brown or wild rice (page 424). The inside of the bird may be rubbed with ginger before roasting and the gravy may be seasoned with dry mustard. Stuff bird with a savory stuffing (page 396) or mashed potatoes highly seasoned with onions, ketchup and poultry dressing, if desired. Allow 1 to 1½ pounds per portion.

Real lovers of wild duck may prefer roast duck so rare that the red juices ooze out on carving. For rare duck bake in very hot oven (450°-500° F.) for 15 to 20 minutes, basting every 5 minutes with mixture of hot water and butter.



DUCK SHEARS SIMPLIFY THE CARVING OF DUCK AND GAME

When some one presents you with a brace of duck, wild or domestic, bring out your duck or poultry shears. Small ducklings or game are severed with the shears, down the back, to make two portions. Slightly larger duck, like the 3-pound birds illustrated, are cut into four portions, longitudinally as shown, and again transversely. See page 290 for directions for carving poultry.

ROAST WILD TURKEY

The wild turkey is the largest of American game birds, averaging 8 pounds for young hens and 12 for young toms. Prepare young turkey the same as for domestic turkey, stuff with Oyster-Mushroom Stuffing (page 398) or any desired stuffing, and truss; pour 1½ cups grape juice in pan and roast, uncovered, in moderately slow oven (325°–350° F.) until tender, basting every 20 minutes with juice in pan; allow 20 to 25 minutes per pound for total roasting. Remove turkey to hot platter and thicken liquid in pan with mixture of flour and water, using 2 tablespoons flour to 1 cup liquid; arrange a border of hominy croquettes (page 476) around turkey, garnish with celery tops and serve with gravy. Allow about 1 pound turkey per portion.

ROAST PHEASANT

Choose young hens for roasting weighing about 3 pounds each when dressed. Prepare as for Roast Chicken (page 295), rub inside with olive oil or butter, sprinkle with salt, fill lightly with stuffing (page 398), sew together and truss; or place 2-inch square steak and 2 mushrooms in cavity of each bird. Rub with butter, sprinkle with salt and pepper, and bake, uncovered, in moderately slow oven (325°–350° F.) about 1 hour, or until tender, basting frequently with mixture of butter and hot water to prevent skin from becoming hard. Or cover birds completely with thin slices of fat salt pork and bake, basting occasionally with drippings in pan. Place on hot platter; make gravy from drippings in pan and giblet stock, skimming off excess fat, and serve with birds. Allow 1 pheasant for 3 to 4 portions.

SMOTHERED PHEASANT

Cut pheasant in pieces for serving; roll in seasoned flour and sauté in 3 tablespoons butter until well browned. Add 1 cup light cream and simmer, covered, ½ to ¾ hour, or until tender, adding milk if necessary and turning occasionally; or bake, covered, in moderate oven (350° F.) ½ hour. Serve meat on hot platter with gravy made from cream in pan. One pheasant makes 3 to 4 portions.

BRAISED PHEASANT

Clean pheasant, disjoint and cut in pieces to serve; roll in seasoned flour, sauté in bacon drippings in heavy frying pan. Add 4 slices bacon, chopped; 4 small carrots; 4 stalks celery, cut in 2-inch pieces; 1 large onion, chopped; 1 shallot; 1 sprig thyme, crushed; 1 bay leaf, crushed; 2 tablespoons chopped parsley and 1 cup game stock or water, and simmer, covered, ½ hour, adding 1 cup shelled and blanched chestnuts (page 452) 10 minutes before meat is done. Yield: 4 portions.



BROILED WILD BIRDS

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Wild birds such as the red leg partridge, English partridge, Scotch grouse, Norwegian ptarmigan or snow grouse, baby pheasants, quail and snipe may be prepared, split down back and broiled in same manner as the domestic birds. Rub well with olive oil, sprinkle with salt and pepper, and broil at moderate heat (350° F.) until done: allow about 25 to 30 minutes for partridges and grouse, 30 to 40 minutes for pheasants, and 10 to 15 minutes for quail and snipe. Baste with butter or oil when turning for they are likely to be dry. The dark-meated birds are broiled medium rare; the light-meated birds such as partridge and quail are broiled until well done.

BROILED GROUSE

Singe grouse, clean, split down back, wipe thoroughly with wet cloth and press flat. Brush both sides with olive oil, sprinkle with salt and place, skin side down, on greased broiler. Broil birds in moderate broiler (350° F.) about 15 minutes, turning once; place slice of bacon over each bird when browned on both sides and continue broiling until bacon is crisp. Allow 1 grouse per portion.

ROAST GROUSE

Singe grouse, clean, wash or wipe with damp cloth, and dry. Rub cavities and outside with salt and fill with Sage Stuffing (page 396); do not sew opening together but place thin slices of fat salt pork over fronts of birds, fasten with toothpicks and place on rack in roasting pan. Pour ½ cup boiling water in pan and bake in hot oven (450° F.) 15 minutes; then reduce heat quickly to moderately slow (325°–350° F.) and bake 25 to 30 minutes longer, or until birds are tender. Remove fat, brush surfaces with cooking oil, dredge lightly with flour and bake 15 minutes longer, or until browned. Arrange grouse in center of hot large platter, arrange fluffy rice on ends and sides of platter with broiled mushroom caps placed on top. Garnish with crystallized, red apple halves, green pepper cups stuffed with creamed corn, and sprigs of watercress.

BROILED QUAIL

Clean quails and split down back; brush with olive oil or Lemon Butter (page 164) and sprinkle with salt and pepper. Broil as for grouse (see above), allowing about 10 minutes for broiling. Serve on buttered hot toast with spicy, stuffed melon mangoes or with Mushroom Cream Sauce (page 378) and broiled tomatoes. Allow 1 quail per portion.

ROAST QUAIL

Singe, draw, clean and wipe thoroughly with damp cloth; brush inside and out with butter and rub with salt. Place a truffle in each bird, if desired. Wrap each in grape leaves and set close together in roasting pan. Roast, uncovered, in moderate oven (350° F.) 20 minutes, then remove leaves, brush with butter, sprinkle with flour and bake 5 to 10 minutes longer, or until tender and browned. Garnish with parsley and serve on buttered hot toast with plum or green grape jelly. Allow 1 quail per portion.

PARTRIDGE PIE

3 partridges	3 tablespoons flour
½ pound veal steak	2 cups stock or water
1 teaspoon salt	2 whole cloves
⅛ teaspoon black pepper	1 cup sliced mushrooms
¼ cup bacon drippings	1 tablespoon chopped parsley
6 slices bacon, halved	½ cup sherry
½ recipe Plain Pastry (page 637)	

The English partridge is full breasted and delicate in flavor. Clean and split down the back; cut veal in six strips; sprinkle all with salt and pepper and sauté in drippings in heavy frying pan until lightly browned. Put birds in casserole, cover with veal and lay bacon pieces over top. Stir flour into drippings in pan, add stock gradually, and stir and cook until thickened; add cloves and pour over meat in casserole. Bake, covered, in moderate oven (350° F.) 1 hour, or until tender; then place mushrooms on top, sprinkle with parsley and pour sherry over all. Adjust pastry crust over casserole, cutting gashes in crust to permit escape of steam; bake in hot oven (450° F.) 15 to 20 minutes, or until browned. Approximate yield: 6 portions.

BROILED WOODCOCK

The woodcock is not drawn by the English and American connoisseurs who consider the entrails edible; the entrails shrivel on cooking and are easily removed. Clean birds, blanket with thin slices of fat salt pork and broil at moderate heat (350° F.) about 15 minutes, turning frequently. Serve on toast with Rice Croquettes (page 423) and currant or wild plum jelly; allow 1 bird per portion.

RABBIT, HARE OR SQUIRREL

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Use those that are fresh and free from strong, musty or unpleasant odors. If purchased, they are skinned at the market. To skin a rabbit, hang it by its hind legs, if possible; with sharp knife or kitchen shears, slit the skin around first joint of hind legs, along under side and around anus. With fingers dipped frequently in baking soda to work with greater ease, loosen skin from legs and around tail, severing the cord, pull skin with tail down and over head as it is loosened from body; slip out fore legs and cut off head and skin, then hind feet. Lay rabbit on table and slit down the front to remove entrails; heart and liver may be separated, washed thoroughly and cooked as giblets (page 298). Wash thoroughly, inside and outside, with acidulated water, using 1 tablespoon vinegar to each cup of water; rinse and wipe thoroughly. Prepare as desired: to roast, leave whole, stuff and truss, drawing legs close to body; to broil or roast, split down center back, spread open and separate, cutting each in half, if desired; to fry or fricassee, disjoint legs at body and second joints, split down center back through breast and cut each half in two pieces.

ROAST RABBIT OR HARE

Dress, clean, wash and dry rabbit or hare (see above). Rub inside with salt, fill with stuffing as desired (page 396), sew up and truss; brush with bacon or beef drippings, sprinkle with salt and pepper, and place on side in roaster. Roast, uncovered, in moderately slow oven (325°–350° F.) for 1½ to 1¾ hours, or until tender, basting every 15 minutes with melted fat and turning rabbit when half done. Serve with hot Pan Gravy (page 379). Yield: 4 to 6 portions.

RABBIT STEW

1 pint dried lima beans	boiling water
1 rabbit, dressed	2 teaspoons salt
2 large green peppers	⅛ teaspoon pepper
2 tablespoons butter	

Soak washed beans in 1½ quarts cold water over night; drain. Wash rabbit and cut in pieces to serve; remove seeds and white partitions from green peppers, then slice. Place rabbit and drained beans in large kettle, cover with boiling water, add salt and pepper, bring to a boil and cook, covered, about 1½ hours, or until tender, adding water as needed; add green peppers and butter the last half hour of cooking. Approximate yield: 6 portions.

FRIED RABBIT

2 young rabbits (2½ to 3 lb.)	salt
2 egg yolks, slightly beaten	½ cup fat
3 cups rich milk	parsley
1¼ cups flour	2 teaspoons currant jelly

Wipe dressed rabbit with a damp cloth and cut in pieces for serving. Combine egg yolks and 1 cup milk; stir gradually into 1 cup flour, add 1 teaspoon salt, and beat until smooth. Dip pieces of rabbit into batter and fry in fat in heavy frying pan about 15 minutes, or until well browned on all sides. Reduce heat and cook, uncovered, over low flame 30 to 40 minutes, or until tender, turning frequently. Serve on hot platter with cream gravy. Prepare gravy from drippings in pan, using remaining ¼ cup flour and 2 cups rich milk; season to taste and add 1 tablespoon chopped parsley and 2 teaspoons currant jelly. Approximate yield: 6 to 8 portions.

FRIED RABBIT WITH ORANGE SAUCE

Use recipe for Fried Rabbit (see above); serve with orange sauce. For sauce, reduce flour to 2 tablespoons, omit milk and use ¼ cup water, 1 cup orange juice; season with ⅛ teaspoon salt, ½ teaspoon grated orange rind, and 1 tablespoon brown sugar.

BRAISED POSSUM

Possum or opossum is a very fat little animal, hunted in the South after freezing weather begins. To scald, plunge animal into hot water just below the boiling point and hold him by the tail about 1 minute, or until hair will strip; place him on a table and scrape off all hair with a dull knife or pull hair out with fingers, being careful not to cut or tear the tender skin. Make incision from throat to hind legs and remove entrails; do not cut off head and tail, but remove brains and cut off feet; wash thoroughly in cold water; if possible, hang him up to freeze for several days.

To braise, wipe with damp cloth, rub with salt and black pepper, and place in Dutch oven or roaster; sprinkle juice of 1 lemon (3 tablespoons) over top, add 1 pint hot water to pan, cover tightly and bake in moderate oven (350° F.) about 1½ hours, or until tender, turning meat when half done. Serve on hot platter, place a red apple in the mouth and garnish with watercress; serve with sweet potatoes, boiled, pared and browned, cornbread, and guava jelly.

ROAST SQUIRREL

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Squirrel meat is more delicate than rabbit meat; prepare and roast as for rabbit (page 323), rubbing the squirrels with olive oil or bacon drippings before placing in pan. Serve with gravy from drippings (page 228) and season with 1 to 2 tablespoons lemon juice. Three small squirrels make about 6 portions.

VENISON

Venison from a freshly killed deer should ripen in a cool, dry place for one or two weeks according to taste. If the cuts are small, the mechanical refrigerator may be used but if there is a large quantity, a place must be found where the meat will not freeze. Venison purchased from a market will not usually require this ripening. The flesh is dark red and the fat white. Trim off any musty or tainted parts; wipe with damp cloth if meat has been protected; wipe with wet cloth wrung out of warm water if it has been exposed.

Venison is cooked in the same way as lamb or mutton (page 244). Tender cuts of young venison are cooked quickly by dry heat (broiled or roasted) only until rare or medium well done; tougher cuts are cooked slowly by moist heat (braised) until well done.

BROILED VENISON

Use tender cuts from loin or leg, about $\frac{1}{2}$ to $\frac{3}{4}$ inch thick. Brush with olive oil and broil as for chops (page 244), allowing 7 to 10 minutes; season with salt and pepper, and serve with Lemon Butter (page 164). To pan-fry, brush hot frying pan lightly with fat and fry quickly. If venison is strong, marinate in oil and lemon juice or French dressing for 1 hour before broiling. Allow $\frac{1}{2}$ to $\frac{3}{4}$ pound per portion.

BRAISED VENISON

Use a 6-pound cut of venison from the lower end of leg or shoulder clod. Wipe with damp cloth and lard with fat salt pork; rub with well-seasoned flour. Sauté in $\frac{1}{2}$ cup fat until well browned, turning frequently; it will take about $\frac{1}{2}$ hour. Add $\frac{1}{2}$ cup hot water and 1 tablespoon vinegar, and cook, covered, 2 to 2½ hours, or until tender, turning frequently and adding small amounts of water, if necessary, from time to time. One-half hour before meat is done, cover with mixture of $\frac{1}{2}$ cup chopped celery; 1 onion, chopped; 1 carrot, sliced; and 1 tart apple, chopped, and 1 tablespoon lemon juice. Serve on hot platter; add more water to gravy if cooked down, and pour over meat. Serve with elderberry and grape jelly or a wine jelly. Approximate yield: 8 to 10 portions.

VENISON CUTLETS

Use tender cuts from loin, about $\frac{1}{2}$ to $\frac{3}{4}$ inch thick; marinate in oil and grape juice for 1 hour. Drain, sprinkle with salt and pepper, roll in flour, dip in slightly beaten egg and roll in fine bread crumbs. Sauté quickly in butter 8 to 10 minutes, turning frequently; over-cooking toughens a tender cut. Place meat on hot platter; add $\frac{1}{4}$ cup currant jelly to drippings, stir and bring to a boil, and pour over steak. Or serve with apples fried in butter and sprinkled with sugar and lemon juice. Allow $\frac{1}{2}$ to $\frac{3}{4}$ pound per portion.

BRAISED MOOSE

Use 4- to 6-pound piece of ripened meat; trim off any musty parts and wipe with damp cloth; lard with strips of salt pork which have been dipped in claret or unsweetened cranberry juice. Sprinkle with mixture of salt, pepper, cinnamon and cloves; marinate in claret, champagne or very weak vinegar 2 or 3 days in refrigerator, turning meat several times during the day. Drain, brown in drippings from salt pork in heavy frying pan, turning frequently, and place meat in baking pan; add $\frac{1}{2}$ cup water to drippings, bring to a boil and pour over meat. Cover and bake in slow oven (300° – 325° F.), allowing 30 to 35 minutes per pound for total browning and baking; turn meat every half hour, and when half done, add 1 teaspoon salt, $\frac{1}{8}$ teaspoon pepper, $\frac{1}{2}$ bay leaf, 1 young onion and 1 cup claret or cranberry juice. Place meat on hot platter; add 1 cup heavy cream to liquid in pan, bring to a boil and beat well; serve in separate bowl with meat. Serve ripe green olives and a tart jelly with moose. Approximate yield: 6 to 8 portions.

BROILED ELK STEAK

4 pounds elk steak, 1 inch thick	8 large mushroom caps
1 clove garlic	salt and pepper
$\frac{1}{4}$ cup butter, melted	parsley

Wipe steak, rub on both sides with cut surface of garlic, and brush with butter. Place on greased rack in hot broiler (500° F.) and cook 5 minutes; turn steak and brush with melted butter; place mushrooms, dipped in butter, on rack and broil 5 minutes. Place steak and mushrooms on hot platter, season with salt and pepper, and garnish with parsley. Approximate yield: 8 portions.

Fish and Shellfish

FISH is high in nutritive value, not only because of its protein content but because it is a valuable source of vitamins and minerals. Fish such as cod, halibut and salmon are rich in vitamins A, B and G; all salt-water fish and shellfish are good sources of iodine.

General Classification. Fish are classified as vertebrates, and shellfish as invertebrates. Shellfish, including frogs, terrapin and turtle, are discussed in succeeding paragraphs.

The vertebrates include both salt and fresh water fish (see Table XXVIII, page 921, for description). For culinary purposes, fish are further classified as (1) fat or dark-flesh fish—those containing 5 per cent or more of fat—such as shad, mackerel and salmon; (2) medium-fat fish—those containing 2 to 5 per cent fat—including halibut, brook trout and perch; (3) lean fish—less than 2 per cent fat—such as cod, haddock, sea bass, fresh-water bass and smelts.

Selection and Storage. Besides the commonly consumed mackerel, cod, whitefish and salmon, there are many kinds of fish that are easily identified once the buyer learns to know their physical characteristics. These are briefly outlined in the table on fish. A fish must be fresh. When fresh the gills are red, the scales adhere closely, the eyes are bright and bulging, and the flesh is free from slime, elastic and firm, leaving no impress at the touch of the fingers. All fish have a characteristic fresh, fishy odor; there should be no trace of a foreign odor.

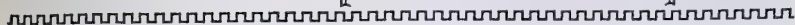
Fresh fish may be frozen in the solid state by the packer, or

328 quick-frozen by a special process. Quick-frozen fish are usually sold as fillets, carefully wrapped and packaged, and contain cooking directions. The fish may be cooked at once or after it has been defrosted. Frozen fish as purchased should be thawed out naturally, or the thawing may be hastened by soaking the fish in cold water just long enough to melt the ice thoroughly (it should never be soaked in hot water). Prolonged soaking spoils the flavor and texture of fresh fish. Use as soon as possible after thawing, since fish deteriorates rapidly; it may be kept in a covered dish in the refrigerator for a short time before cooking.

Canned fish, such as salmon, tuna and sardines, are ready to use. Many kinds of fish are sold canned or in bulk, pickled in oil or vinegar and spices. Dried fish, either salted or smoked, are sold both packaged and in bulk. Dried fish such as cod, mackerel, haddock, hake and finnan haddie, are soaked in cold water from $\frac{1}{2}$ to 12 hours before cooking, depending upon the degree of saltiness. They should be soaked, flesh-side down, so the salt can settle to the bottom of the pan; the water should be changed several times if fish is very salty.

Among the smoked varieties of fish are salmon, sturgeon, white fish and halibut. Smoked fish may be eaten at once—delicately smoked sturgeon and salmon are eaten as appetizers without further cooking—or the fish may be soaked to soften the tissues and then cooked as desired.

Fish Cookery. Special rules for cooking fish are included in the recipes following. Lean, dry fish are firm and therefore adapted to steaming, boiling and frying; if well-basted with butter or oil, they may be broiled. Fat fish are suitable for baking, since the fat in the fish tends to keep the fish moist in the dry heat of the oven. Medium-fat fish are often baked after larding with strips of fat salt pork or bacon. The fat melts into the fish, keeps it moist and improves the flavor. Since fish, unlike meat, lacks connective tissue, it is not necessary to cook fish a long time to



tenderize, but just long enough to develop flavor and to separate the flesh from the bone. Over-cooking toughens the protein. 329

To Clean a Fish. If the fish has scales, remove them before opening. Scrape from tail to head against the scales with the back of a short, heavy knife, holding it flat and slanting. When the fish is to be served whole, the head and tail are not usually removed. Smelts and small fish are opened under the gills, just far enough to remove the entrails easily. Large fish are split and opened from the gills about half way down the body cavity and the entrails removed. Fillets, wrapped in parchment paper, are ready for the pan; unwrapped, they should first be wiped with a damp cloth. With flat fish, such as sole and flounder, the entrails, which are near the head, are easily removed when the head is cut off; or they may be removed after cutting a small opening just under the head. Wash fish in running water unless it has been prepared at the market, and wipe dry; wipe prepared fish with a damp cloth. If head and tail are removed, cook with fins to make stock.

To Skin a Fish. Scale and clean the fish. Cut a thin, narrow strip down the center of the back and remove the fins. Open the skin on the lower side half way down. Insert the knife through the gills to loosen the skin and draw it off gradually, loosening it with the fingers and knife so as not to tear the flesh; turn fish and strip the skin from the other side.

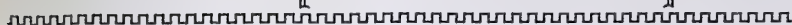
To skin a flat fish such as flounder, scale and clean the fish, but do not remove the head and tail. Lay the fish, dark side uppermost, on a board or paper. Cut the skin across the body where it meets the tail and loosen it enough to grasp a piece firmly. With the fingers work the edge of the skin loose from the flesh, along one side from tail to head, then pull gently to strip the skin. In the same manner, strip the skin from the other side. Flat-bodied fish may also be skinned after cleaning, boning and cutting into fillets.

- 330 *To Bone a Fish.* Split open the scaled fish and remove the entrails. Lay the fish flat on a board. Begin at the tail and with a sharp knife, loosen the flesh close to the bone along one side; then turn over to loosen the flesh on the other side. With a knife and fingers, remove the long backbone. Use tweezers or a short-blade knife to pick out as many of the small bones as possible. Fish with many fine bones, such as shad and herring, are not usually boned completely, since the task is long and arduous. Save all bones to cook for stock.

To Fillet a Fish. Fillets of fish are pieces or sections of fish separated from the bone and usually freed of skin. See directions for boning fish. The flesh can be removed in one long strip. Feel the fillets to detect and remove any small bones left in the flesh.

To Serve a Baked Whole Fish. If fish is stuffed, remove thread used for sewing and garnish attractively with parsley, watercress, lemon or lime wedges, tomato or cucumber slices, radish roses, pickles or other relishes. Button onions or olives may be placed in eye cavities and a sprig of green in the mouth. Place platter with head to the left of the carver. To serve, cut through flesh along backbone on one side and cut in about 2-inch slices; the flesh is easily removed from the bone. The stuffing is served with a tablespoon. If the fish is large, turn the platter to serve the other side. If the fish is boned, cut across and through fish.

Service Suggestions. Much of the fine flavor of cooked fish depends on complementing it subtly, or sharply, with the right sauce and relish. A few general rules apply. Fat and medium-fat fish, no matter how cooked, require a sauce and relish that help to "cut" the fat in the fish. A lean fish should have a rich sauce served with it to make up for the lack of fat in the fish. Fish that are deep-fried, pan-fried or larded during the roasting need a sauce or relish that is tart or acid for contrast. Color also enters into the choice of sauce and relish. A plain boiled fish is more appetizing with a sauce or garnish that supplies needed color.



Fish Garnishes. Lemon or lime slices, plain or dipped in minced parsley are used to garnish many kinds of fish. Parsley, watercress or lettuce, the latter with cold fish, make suitable green garnishes. With boiled fish, a garnish that adds color and points up the flavor is favored, such as paprika, minced hard-cooked eggs, capers, tomatoes and bright relishes. Fried, baked and broiled fish are garnished with lemon or lime sections, lemon cups filled with tartar sauce, lemon butter sprinkled with minced parsley and cooked vegetables. 331

Sauces and Relishes to Serve with Fish. The type of sauce to serve with fish will depend partly on how the fish is cooked and the degree of fatness. Most fat fish are suitable for baking, frying and broiling. Medium-fat fish are also prepared by these methods but require basting with fat if broiled, and larding if baked. This added fat brings the fish into the same class as fat fish. Hence the sauce should not be too rich; it should be sufficiently tart to help counteract the fat in the fish and the relish served with it should be of a type that will blend well with the sauce. Any of the following sauces are appropriate to serve with fried, baked or broiled fish: Maître d'Hôtel Butter, lemon butter, mushroom, tomato, tartar, chili sauce, cucumber and Béarnaise sauce, and Hollandaise sauce if the fish is not deeply browned. A tart relish of mixed vegetables, coleslaw and frozen horseradish relish offer good flavor contrast. With boiled or steamed fish served hot, white sauce and many of its variations, such as egg, cheese, pimiento and parsley in cream sauce are appropriate. Tomato, onion, mustard and egg and olive sauce, creamed shrimps and oysters and Hollandaise sauce are also possible choices. Cold boiled fish is often served with mayonnaise in lettuce cups, or the mayonnaise covers the fish and is garnished with capers, rings of stuffed or ripe olives and hard-cooked egg. Tart relishes, such as pickled beets and coleslaw, are good with hot fish, and tomato aspic or any jellied vegetable aspic, with cold boiled fish.

BAKED STUFFED FISH

Fat or lean fish may be used; select a fish weighing 3 to 5 pounds (page 921), and prepare for stuffing, with or without head and tail; bone if desired (page 330). Rub inside with salt, fill with any desired stuffing (pages 396 to 401) and sew edges together; place, seam side down, on greased rack or greased heavy paper in shallow pan, arranging fish in "S" shape or circle. Rub outside with salt and, if fish is lean, brush with melted fat and lay strips of bacon or fat salt pork over top, or cut several slits in each side and insert a strip of salt pork in each slit. Bake according to method I or II, basting occasionally with melted fat if fish seems dry. Place on hot platter, garnish with lemon slices, tomato wedges or parsley, and serve with any desired sauce. Allow $\frac{1}{2}$ pound fish per portion.

Method I (one temperature)—Bake fish, uncovered, in moderately hot oven (375° – 400° F.), allowing 10 minutes per pound for fish under 4 pounds; for every pound over 4 pounds, add 5 minutes to the total cooking time. Or brush lean fish with melted fat and omit salt pork; bake covered, basting every 10 minutes with melted fat; remove cover the last 15 minutes of baking to brown fish.

Method II (two temperatures)—Place fish, uncovered, in hot oven (500° F.) for 10 minutes; then reduce heat quickly to 400° F. and bake 20 to 35 minutes longer, according to thickness of fish.

BAKED FISH FILLETS OR STEAKS

Use fillets or steaks $\frac{1}{2}$ to $\frac{3}{4}$ inch thick; cut in pieces for serving or leave whole; dip in solution of 1 cup milk and 1 tablespoon salt, roll in fine crumbs and place in greased shallow baking pan. Pour melted butter over fish and bake according to method I or II. Place on hot platter, garnish with parsley and lemon or lime wedges, and serve with Almond Butter (page 384) or any desired sauce. Allow $\frac{1}{3}$ pound per portion.

Method I (Moderate baking)—Place fish in moderately hot oven (375° F.– 400° F.) and bake, uncovered, 25 to 30 minutes, basting once with melted butter if fish is lean.

Method II (Quick-oven baking)—Place fish in very hot oven (500° F.– 550° F.) and bake, uncovered, 10 to 12 minutes, depending on thickness of fish. The crumbs are crisp and brown, the fillets have the characteristic flavor of fish fried in deep fat, and the cooking odor of fish is practically eliminated.



FISH—SPLIT, BONED, STUFFED AND LARDED FOR BAKING

Top Left: To clean a fish, scale and make an incision on the under side below the head, remove entrails.

Top Right: To bone a fish, loosen the rib bones and vertebrae, and remove the bones with knife and fingers.

Bottom: Stuff fish and sew with needle and string. Lard a lean fish with strips of fat salt pork laid across the skin. See recipe for Baked Stuffed Fish (page 332).

MODIFICATIONS OF BAKED FISH FILLETS

(Use recipe on page 332)

Baked Fillets with Bacon—Omit melted butter and lay strips of bacon over breaded fillets; bake according to method I. Serve with lemon slices and parsley.

Baked Fillet of Sole—Omit milk and bread crumbs. Sprinkle fillets with salt and pepper, and brush with Lemon Butter (page 164); bake according to method I, basting several times with the butter. Serve with lime wedges. This method can be used with any fillets.

Fillets Baked in Milk—Omit milk and bread crumbs, sprinkle fillets with salt and pepper, and add enough milk to cover. Bake according to method I, using the lower temperature (375° F.).

Fillets Baked in Tomato Sauce—Omit milk and crumbs, sprinkle lightly with salt and pepper, cover with Tomato Sauce (page 382) and bake according to method I. Creole Sauce (page 383) or Cheese Sauce (page 377) may be substituted for Tomato Sauce.

BAKED STUFFED FILLETS

Place large fillet in greased baking dish, season with salt, pepper and lemon juice and cover with desired stuffing; place second fillet over stuffing and brush with melted butter, or cover with buttered crumbs. Bake, uncovered, in moderately hot oven (375° F.—400° F.) about 40 minutes, basting with melted butter. Allow $\frac{1}{3}$ pound per portion.

PLANKED FISH

Select firm-fleshed fish (page 921); use whole fish, split down back, or fillets or steaks $\frac{1}{2}$ to 1 inch thick. Dry fish thoroughly, season both sides with salt and pepper and brush with oil or melted fat. Place, skin-side down, on oiled hot plank or oven-ware platter and bake in hot oven (450° F.) for 15 to 30 minutes, basting frequently. Remove from oven, border with Mashed Potatoes (page 472) or Duchess Potatoes (page 472), brush with melted butter, milk or diluted egg yolk and brown in oven or under broiler. Garnish with parsley and serve at once. Other vegetables, such as string beans, lima beans, tomato slices or small Stuffed Tomatoes (page 485), may be used with the potatoes. Allow $\frac{1}{3}$ to $\frac{1}{2}$ pound fish per portion.

STEAMED FISH

Select fish as for Boiled Fish (page 335); place one layer deep on greased rack or tray of steamer, sprinkle with salt and pepper, and cook over boiling water until fish is tender; for time, follow directions for boiled fish. Serve as boiled fish.

STEAMED FISH WITH DILL SAUCE

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4 pounds fillet of cod or haddock $\frac{1}{3}$ pound fresh dill, finely minced
Court Bouillon (below) 3 tablespoons butter
2 tablespoons flour

Boil fish in Court Bouillon 10 to 20 minutes; drain, reserving 2 cups stock. Add dill to stock and simmer about 15 minutes. Make a roux of butter and flour, add hot liquid gradually and cook 5 minutes, stirring constantly. Pour over fish and serve at once. Approximate yield: 6 portions.

BOILED FISH

Select lean fish (page 921), as it will not fall apart as readily as fat fish; use whole fish, thick slices of large fish, or fish fillets or steaks. Wrap fish in cheesecloth or cooking parchment paper, or lay in wire basket; place in kettle and cover with hot, not boiling water, adding $\frac{1}{2}$ teaspoon salt and $\frac{1}{2}$ tablespoon lemon juice or vinegar for each quart used. Bring to boiling point and simmer, covered, until fish separates from bone; for whole or large pieces, allow 6 to 10 minutes per pound according to thickness; for fillets or slices, cook 10 to 20 minutes, according to thickness. Drain and serve on hot platter with a cream sauce (page 378) or a butter sauce (page 383); or serve cold with mayonnaise, Hollandaise Sauce (page 385) or Tartar Sauce (page 389), or in a salad. Allow $\frac{1}{2}$ pound whole or $\frac{1}{3}$ pound sliced fish per portion; or 1 pound fish meat makes about 2 cups flaked fish.

For additional flavor, cook fish in Court Bouillon (see below); or add thin slices of salt pork, onion, celery, parsley, whole cloves, thyme, bay leaf, and peppercorns to water in which fish is boiled.

COURT BOUILLON

$\frac{1}{2}$ cup chopped carrots	6 peppercorns
$\frac{1}{2}$ cup chopped onion	2 whole cloves
$\frac{1}{2}$ cup chopped celery	1 bay leaf
2 sprigs parsley	1 tablespoon salt
2 tablespoons butter	$\frac{1}{4}$ cup vinegar
3 quarts water	

Sauté vegetables and parsley in butter 3 minutes; turn into large kettle, add remaining ingredients, cover and heat slowly to boiling; then simmer 5 minutes. Use for boiling fish and snails. Approximate yield: 3 quarts bouillon.

BROILED FISH

Split small whole fish down the back; cut larger fish into 1-inch slices, or use fillets; dry thoroughly and sprinkle with salt, pepper and lemon juice. Place whole fish, skin-side down, on well-greased broiler and broil 10 minutes, or until fish is nicely browned. Turn and broil on skin side enough to crisp skin. For fish slices or fillets, brush with melted fat and brown evenly on both sides, using broad spatula or pancake turner to turn fish. Serve on hot platter with melted butter or Lemon Butter (page 164). Allow $\frac{1}{2}$ pound whole fish or $\frac{1}{3}$ pound sliced fish per portion.

STUFFED TURBOTS OF FISH

$\frac{1}{2}$ cup sliced mushrooms	$\frac{1}{2}$ cup cornbread crumbs
2 tablespoons fat	$\frac{1}{3}$ cup milk, heated
1 teaspoon salt	3 fish fillets, haddock or cod
$\frac{1}{8}$ teaspoon pepper	2 tablespoons butter
1 cup white bread crumbs	Lemon Butter (page 164)

Sauté mushrooms in hot fat 2 minutes, or until delicately browned; add salt, pepper, crumbs and milk; mix thoroughly. Cut fillets in strips about $1\frac{1}{2}$ inches wide and place them around the inside of greased muffin pans; fill centers with stuffing and cover with oiled paper. Bake in moderate oven (350° F.) for 20 minutes, then remove paper, dot with butter and continue baking 10 minutes, or until delicately browned. Serve with Lemon Butter or lemon slices. Approximate yield: 6 portions.

FISH FILLETS WITH PARMESAN

1 cup grated Parmesan cheese	2 tablespoons butter
2 egg yolks, well beaten	2 tablespoons flour
dash of cayenne	$1\frac{1}{2}$ cups milk
4 to 6 small fillets of sole or haddock	1 tablespoon heavy cream
salt and pepper	1 teaspoon lemon juice

Mix $\frac{1}{2}$ cup cheese with egg yolks; add cayenne. Season fillets with salt and pepper; spread with egg-cheese mixture, place in greased pan and cover with greased paper or moistened parchment paper; bake in moderate oven (350° F.) for 20 minutes. Make a roux of butter and flour, add milk gradually and cook until thickened, stirring constantly, then add cream and lemon juice. Remove paper from top of fillets, cover with the sauce, sprinkle with remaining cheese and bake 8 to 10 minutes longer, or until cheese is browned. If baked too long, sauce will separate. Approximate yield: 6 portions.

PAN-FRIED FISH

Select firm-fleshed fish (page 921), leave heads and tails on small fish, if desired. Cut larger fish into 1-inch slices or steaks; or use fillets. Roll in salted flour, cornmeal or bread crumbs; put in hot frying pan containing $\frac{1}{8}$ -inch layer melted fat; brown on one side, then turn and brown on other. Allow 8 to 12 minutes for total cooking, according to thickness of slice. Use pancake turner or broad spatula for turning fish. Garnish with slices of tomato, cucumber and lemon, and serve with Maître d'Hôtel Butter (page 384) or any desired sauce. Allow $\frac{1}{3}$ to $\frac{1}{2}$ pound per portion.

FRIED FISH

Select small lean fish or fillets (page 921); cut fillets in individual portions and dry thoroughly. Roll in salted flour, cornmeal or fine, dry bread crumbs; and put in frying basket, one layer deep. Fry in hot deep fat (370° F.) 3 to 5 minutes, according to type and thickness of fish. Allow $\frac{1}{3}$ pound per portion.

FISH PIE WITH CRUMB CRUST

2 pounds fillet of cod	2 cups Medium White Sauce
2 eggs, beaten	(page 91)
$1\frac{1}{2}$ teaspoons Worcestershire sauce	$1\frac{1}{2}$ cups fresh bread crumbs
2 tablespoons butter	

Boil cod (page 335); drain, flake and place in greased casserole. Gradually stir eggs into white sauce, add Worcestershire sauce and pour over fish. Cover with bread crumbs, dot with butter, and bake in hot oven (425° F.) for 15 minutes. Approximate yield: 6 portions.

HADDOCK À LA CRÈME

2 pounds haddock fillet	6 anchovy fillets, chopped
6 tablespoons flour	$1\frac{1}{2}$ tablespoons minced parsley
1 teaspoon salt	$\frac{3}{4}$ teaspoon grated onion
$\frac{1}{8}$ teaspoon pepper	$\frac{1}{2}$ cup cream
3 tablespoons butter	$\frac{1}{4}$ cup milk

Cut haddock in pieces for serving and roll in mixture of flour, salt and pepper. Melt butter, add anchovies and cook slowly for 2 minutes; then add haddock and brown lightly. Place in greased casserole, add parsley, onion, cream and milk; bake, covered, in a moderately hot oven (375° F.) for 25 to 30 minutes. Approximate yield: 6 portions.

FILET DE SOLE

1 tablespoon minced shallots	3 tablespoons butter
4 medium-sized tomatoes, diced	2 cups fish stock
1½ cups minced mushrooms	¾ cup white wine
1 tablespoon minced parsley	2 pounds fillet of sole

Sauté shallots, tomatoes, mushrooms and parsley lightly in butter; add fish stock and white wine. Add fillets and simmer gently 10 to 12 minutes or until fish is done. Remove fillets to hot platter and keep hot. Continue cooking liquid until it has reduced to half its original volume; then pour over fish and garnish with parsley and lemon slices. Approximate yield: 6 portions.

FILLET OF FLOUNDER WITH BEER SAUCE

2 pounds fillet of flounder	3 tablespoons beer
½ cup minced onion	1 cup water
1½ tablespoons gingersnap crumbs	1 teaspoon salt
1½ tablespoons minced celery	3 tablespoons butter
1½ tablespoons minced parsley	1½ tablespoons flour

Place flounder in kettle and cover with mixture of onion, crumbs, celery, parsley, beer, water and salt; simmer about 15 minutes, or until fish is done. Drain and reserve stock. Make a roux of butter and flour; add to hot stock and cook 5 minutes, stirring until smooth. Serve over fish. Approximate yield: 6 portions.

FISH PUDDING

1 pound haddock or cod	¼ cup flour
2 cups water	1 teaspoon salt
1 bay leaf	⅛ teaspoon pepper
2 peppercorns	½ teaspoon dry mustard
1 small onion, sliced	1 cup milk
1 small carrot, sliced	1 cup fish stock
¼ cup butter	½ cup buttered crumbs

Cook fish 10 minutes in water with bay leaf, peppercorns, onion and carrot; drain, reserving stock, and separate fish into large flakes. Make a roux of butter and flour, add seasonings, milk and stock, and cook until smooth and thickened, stirring constantly. Mix with fish; turn into greased casserole and top with crumbs; bake in moderate oven (350° F.) for 30 minutes, or until crumbs are browned. Approximate yield: 6 portions.

FRIED EEL

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Select a live or freshly killed eel; the average eel is $2\frac{1}{2}$ to 3 feet long and weighs 3 to $3\frac{1}{2}$ pounds. Remove head close to body; then loosen skin at top, and with strong quick jerk, pull it back over entire body. Cut fish open, clean, wash thoroughly and cut in 3-inch lengths; dry, dip in slightly beaten egg and roll in fine bread crumbs. Fry in hot deep fat (375°F. – 380°F.) for 2 to 5 minutes; drain and serve with Vinaigrette Sauce (page 389) or Cucumber Sauce (page 390).

EEL IN ASPIC

Prepare eel as for Fried Eel (see above); cook 3-inch slices in Court Bouillon (page 335) about 25 minutes; drain and chill, then place in long mold. Prepare 1 package plain gelatin, using fish stock for liquid and flavoring with 1 tablespoon brandy; chill. When slightly thickened, pour over fish to fill mold, and chill until firm. When ready to serve, unmold on cold platter and serve with Horseradish Sauce (page 376) or Parsley Caper Sauce (page 380). Serve at a bridge or after-theatre spread, or as an hors d'œuvre. Approximate yield: 6 to 8 portions.

PARBOILED ROE OR MILT

The shad roe (eggs) is the most highly prized; it is in season from December to May and weighs from $\frac{3}{4}$ to $1\frac{1}{4}$ pounds. The roe from other fish are satisfactory and less expensive. The roe is in two sections. The mackerel roe is in season from May to June, flounder roe from July to August and haddock roe in the winter. The salted roe of the sturgeon is called caviar. The milt of the male fish is prepared in the same way as the roe of the female fish; the large vein in the center is usually removed.

Wash roe and drop into boiling, salted, acidulated water, using $\frac{1}{2}$ teaspoon salt and 1 tablespoon lemon juice or vinegar to 1 quart water; simmer shad or small roe 5 minutes and larger roe 8 to 10 minutes. Drain, cover with cold water and drain again; remove membrane and broil, fry, bake or scallop. The shad roe which is small need not be parboiled. One shad roe makes 2 to 3 portions; or allow $\frac{1}{4}$ to $\frac{1}{3}$ pound roe per portion.

BROILED SHAD ROE

Use 3 shad roe; wipe, sprinkle with salt and pepper, and lay on greased rack in broiler pan. Broil under moderately high flame 8 to 10 minutes, or until golden brown, turning once and brushing frequently with melted butter. Serve with Maître d'Hôtel Butter (page 384). Approximate yield: 6 portions.

COOKED OR CANNED FISH

CREAMED FISH

1½ cups flaked fish, cooked or
canned

1½ cups Medium White Sauce
(page 91)

Heat fish in white sauce; add additional seasonings, if desired. Serve on toast, crisp crackers or in patty shells. Yield: 6 portions.

MODIFICATIONS OF CREAMED FISH

Creamed Fish with Eggs—Use 1 cup flaked fish and 2 hard-cooked eggs, chopped.

Fish au Gratin—Turn creamed fish into greased casserole and cover with ½ cup buttered crumbs; bake in hot oven (450° F.) about 10 minutes, or until crumbs are browned. One-fourth to ½ cup grated cheese may be mixed with crumbs, if desired.

Creamed Fish in Noodle Ring—Prepare Noodle Ring (page 417). Turn out on hot serving plate, place creamed fish in center and garnish with parsley. Spaghetti Mold (page 412) or Spinach Ring (page 477) may be used with creamed fish. Yield: 6 to 8 portions.

FISH SOUFFLÉ

1 small onion

1½ cups milk

2½ tablespoons butter

2 tablespoons flour

½ teaspoon salt

dash of pepper

1¾ cups flaked, cooked halibut

3 eggs, separated

2 tablespoons fine bread crumbs

Cream Caper Sauce (page 378)

Peel and quarter onion and simmer 5 minutes in milk; remove onion. Melt 2 tablespoons butter in saucepan, blend in flour, add milk gradually and cook 5 minutes, or until mixture is thick and smooth, stirring constantly; season with salt and pepper. Remove from heat, add fish and blend. Stir in well-beaten egg yolks, then fold in stiffly beaten whites. Turn into greased casserole, cover with bread crumbs and dot with remaining butter. Bake about 1 hour in a moderate oven (350° F.). Serve with caper sauce. Approximate yield: 6 portions.

FISH POTATO PUFF

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2 cups flaked fish, cooked or canned	2 tablespoons chopped celery
2 cups seasoned mashed potatoes	2 tablespoons chopped parsley
1 teaspoon salt	1 tablespoon minced green pepper
1 tablespoon lemon juice	1 teaspoon minced onion
few drops tabasco sauce	2 tablespoons butter
	3 eggs, separated

Combine fish, potatoes, salt, lemon juice and tabasco. Sauté celery, parsley, pepper and onion in butter until tender; add to fish mixture. Add well-beaten egg yolks and beat until very light; then fold in the stiffly beaten egg whites and pile lightly in greased baking dish. Bake in moderate oven (350° F.) for 30 to 40 minutes, or until set and lightly browned. Approximate yield: 6 portions.

BEET AND FISH HASH

¾ cup flaked, cooked fish	1 tablespoon minced parsley
¾ cup chopped, cooked potatoes	½ teaspoon salt
2 medium-sized cooked beets, chopped	¼ teaspoon paprika
1 tablespoon minced onion	1 teaspoon Worcestershire sauce
	2 to 4 tablespoons rich milk or cream
	1 tablespoon pork drippings

Mix fish, potatoes, beets and seasonings; moisten with milk. Sauté in pork drippings, stirring until heated, then pat into a cake and cook until well browned underneath; fold and turn out like an omelet. Beets may be omitted, if desired. Approximate yield: 4 to 6 portions.

BAKED TUNA FISH WITH BRAZIL NUTS

1 cup finely chopped Brazil nuts	2 pimientos
½ teaspoon Worcestershire sauce	1 can (13 oz.) tuna fish, flaked
2 cups Medium White Sauce (p. 91)	6 whole Brazil nuts

Add nuts and Worcestershire sauce to white sauce. Cut six strips of pimiento and reserve for garnishing; cut remaining pimiento into small pieces and add to white sauce; fold in tuna fish. Turn into greased casserole, arrange pimiento strips and whole nuts on top; cover and bake in moderate oven (350° F.) about 15 minutes. Approximate yield: 6 portions.

SALMON MOUSSE

$\frac{3}{4}$ tablespoon granulated gelatin	2 eggs
2 tablespoons cold water	$\frac{3}{4}$ cup milk
$\frac{1}{2}$ tablespoon flour	$\frac{1}{4}$ cup vinegar
$1\frac{1}{2}$ tablespoons powdered sugar	$1\frac{1}{2}$ tablespoons melted butter
1 teaspoon mustard	$1\frac{1}{2}$ cups flaked salmon, cooked or canned
1 teaspoon salt	
few grains cayenne	$\frac{1}{2}$ cup heavy cream, whipped

Soften gelatin in cold water. Mix flour, sugar and seasonings in top part of double boiler; add eggs and mix until smooth. Add milk, then vinegar slowly; mix well, and cook over hot water until mixture thickens, stirring constantly; add butter. Add softened gelatin, stirring until completely dissolved; then add fish. Chill, stirring occasionally. When slightly thickened, fold in whipped cream and turn into mold; chill until firm. Unmold on crisp lettuce; serve with Cucumber Sauce (page 390).

FINNAN HADDIE RAREBIT

6 slices buttered toast	$1\frac{1}{2}$ cups Cheese Sauce (page 377)
1 jar finnan haddie	paprika

Spread toast with finnan haddie as it comes from the jar. Cover with cheese sauce and sprinkle with paprika. Yield: 6 portions.

SALMON AND PICKLE LOAF

1 can (1 lb.) salmon	$1\frac{1}{2}$ teaspoons salt
$\frac{3}{4}$ cup bread crumbs	$1\frac{1}{2}$ tablespoons melted butter
$\frac{3}{4}$ cup milk	1 teaspoon minced onion
$\frac{1}{2}$ cup coarsely chopped sweet gherkins	$1\frac{1}{2}$ cups Medium White Sauce (page 91)
2 eggs	2 hard-cooked eggs, sliced
	6 stuffed olives, sliced

Flake salmon, add crumbs, milk, gherkins, eggs, salt and melted butter; mix well. Pack into greased loaf pan, set in a shallow pan of hot water and bake in a moderate oven (350° F.) about 30 minutes, or until loaf becomes firm. Turn out on hot platter, add onion to white sauce and pour over loaf. Arrange egg slices on top with olive slice on top of each. Serve hot. Approximate yield: 6 portions.

SALMON CASSEROLE

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| 1 cup elbow macaroni | 1½ cups flaked salmon |
| 2 cups Medium White Sauce,
well seasoned (page 91) | 2 cups diced, cooked carrots |
| | ½ cup grated American cheese |

Cook macaroni in boiling, salted water 10 minutes, or until tender; place ½ of it in bottom of greased casserole, then pile all of salmon on top and pour ½ of white sauce over fish. Place carrots, and remaining macaroni in layers on top and pour remaining white sauce over all. Sprinkle top with cheese and bake in a moderate oven (350° F.) for 45 minutes. Approximate yield: 6 portions.

TUNA FISH PIE

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| 4 medium-sized carrots, diced | 1 can (No. 1 Tall) tuna fish, flaked |
| 3 medium-sized potatoes, diced | 1 cup Thin White Sauce |
| 3 medium-sized onions, sliced | (page 91) |
| ½ recipe Baking Powder Biscuits (page 114) | |

Cook vegetables in boiling salted water 10 minutes, or until just tender; drain and combine with tuna fish. Add white sauce, turn into greased baking dish and cover with biscuit dough, rolled ¼ inch thick. Bake in moderately hot oven (375° F.) for 20 minutes. Salmon or any cooked fish may be substituted for tuna. Approximate yield: 4 portions.

SALMON CROQUETTES

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| 2 tablespoons butter | ½ cup milk |
| 5 tablespoons flour | 2 eggs |
| 1 cup flaked salmon, canned or
cooked | 1 cup dry bread crumbs |
| | ½ cup fine cracker crumbs |

Melt butter, add flour and blend; stir in milk gradually and cook 5 minutes, or until thick and smooth. Add salmon, 1 egg, well beaten, and bread crumbs; mix thoroughly and chill. Form into croquette shapes; dip in 1 egg, slightly beaten, and roll in crumbs; fry in hot deep fat (365°–380° F.) for 3 to 5 minutes, or until browned. Tuna or any cooked fish may be substituted for salmon, if desired. Approximate yield: 4 portions.

SALMON ROLL FARCI

2 cups canned salmon	dash of pepper
¼ cup soft bread crumbs	paprika
2 tablespoons onion juice	3 tablespoons butter, melted
1 tablespoon minced parsley	2 eggs, beaten
½ teaspoon salt	1 hard-cooked egg, sliced
½ teaspoon celery salt	6 stuffed olives, sliced

Drain salmon and free from skin and bones; mash with fork, and add crumbs, seasonings, 2 tablespoons butter and beaten eggs; mix well. Turn out on lightly floured board and form into rectangle about ½ inch thick. Place sliced egg and olives on top, then roll up lengthwise; place seam-side down, in greased baking dish and brush with remaining melted butter. Bake in moderate oven (350° F.) for 30 minutes, or until delicately browned. Serve hot with Tomato Sauce (page 382), adding 2 tablespoons chopped pickles; or serve cold with mayonnaise seasoned with 2 tablespoons chili sauce. Substitute tuna fish for salmon, if desired. Approximate yield: 6 portions.

SALMON CAKES

2 cups drained, canned salmon	dash of pepper
1 large onion, chopped fine	1 teaspoon thyme
1 cup thick tomato pulp	3 eggs, separated
½ teaspoon salt	¼ cup butter

Free salmon from skin and bones and flake; mix with onion, tomato and seasonings. Stir in well-beaten egg yolks; fold in stiffly beaten egg whites. Drop by tablespoons on buttered hot griddle or heavy frying pan, and fry until nicely browned on both sides. Approximate yield: 30 small cakes, or six portions.

BROILED SARDINES WITH CREAM SAUCE

¼ cup butter	salt and pepper
¼ cup soft bread crumbs	paprika
1 cup light cream	1 can sardines
2 hard-cooked eggs, chopped	buttered whole wheat toast

Melt butter in top of double boiler, add crumbs and cream, and beat thoroughly; add eggs and season to taste with salt, pepper and paprika. Broil sardines about 5 minutes; arrange on buttered toast and cover with sauce. Approximate yield: 6 portions.

SALT FISH

Remove rusty-looking portions of salt fish and thin black membrane found on inside. Soak, flesh-side down, in large amount of cold water for several hours, according to size and saltiness of fish. Drain, place flesh-side up in pan, cover with fresh water and heat slowly to boiling. Drain, add fresh water and simmer until just tender. Finish cooking by broiling, baking, creaming, etc., as desired. Allow $\frac{1}{3}$ to $\frac{1}{2}$ pound per portion; 1 pound fish without waste yields about 2 cups flaked fish.

CREAMED SALT CODFISH

$\frac{1}{2}$ cups shredded salt codfish $\frac{1}{2}$ cups Medium White Sauce (p. 91)

Cover codfish with water and heat slowly to boiling point; repeat once or twice if fish is hard and very salty. Add fish to white sauce; heat thoroughly. Serve on toast or baked potatoes, if desired. Approximate yield: 6 portions.

KIPPERED HERRING

Kipperd herring is salted, smoked and partially cooked, and requires little cooking. To prepare fish cover with cold water and bring to a boil. Dry and pan fry or broil. To prepare canned fish, place in greased shallow pan or on cooking parchment paper, and brush with butter and lemon juice. Bake in moderately hot oven (375° F.) about 10 minutes. Serve with lemon and melted butter.

BOILED FINNAN HADDIE

Finnan haddie or smoked haddock is salted, smoked and only partially cured; it will not keep for any length of time unless stored in refrigerator. Cover with milk or water, bring slowly to a boil and let stand over hot water or low heat about 20 minutes. Serve on hot platter with Lemon Butter (page 164) or any cream sauce (page 378). Allow about $\frac{1}{4}$ pound per portion.

BROILED SALT MACKEREL

Soak salt mackerel fillets in cold water 12 hours; drain, wipe and place, skin side down, on greased rack of broiler. Brush with melted butter and broil 10 to 15 minutes, basting several times with butter and turning to brown both sides. Sprinkle chopped parsley over fish and serve with butter and lemon wedges. Allow about $\frac{1}{4}$ pound per portion.

FISH [SALT FISH]

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DROP CODFISH CAKES

1 pound salt codfish	dash of pepper
3 cups hot mashed potatoes	1 egg, beaten

Soak codfish in cold water about 2 hours; drain, add fresh water, bring to a boil and simmer 15 minutes. Drain, shred and add to mashed potatoes; then add pepper and egg, and beat well. Drop by spoonfuls into hot deep fat (365°–380° F.) and fry 1 to 5 minutes, or until golden brown; drain on absorbent paper. Yield: 6 portions.

CODFISH BALLS

2 cups salt codfish	¼ teaspoon paprika
4 cups potatoes, diced	1½ tablespoons butter
2 eggs, well beaten	

Soak codfish in cold water ½ hour; drain and flake. Combine fish and potatoes, boil until potatoes are tender, drain and press through ricer or coarse sieve. Add paprika, butter and eggs and beat until mixture is light and fluffy. Drop by spoonfuls into hot deep fat (365°–380° F.) and fry 1 to 5 minutes; drain. Yield: 6 portions.

BOILED HERRING IN MILK

3 salt herring	3 cups milk
6 medium-sized potatoes, diced	3 cups water
3 medium-sized onions, sliced	pepper
parsley	

Soak herring in cold water for 24 hours, drain, cut in halves and remove heads, tails and larger bones. Simmer potatoes and onions in milk and water about 10 minutes; then add herring and cook until potatoes are tender. Season and garnish. Yield: 6 portions.

HERRING AND POTATO CASSEROLE

1 pound salt herring	2 medium-sized onions, sliced
6 medium-sized cooked potatoes	¼ cup soft bread crumbs
2 tablespoons butter	

Soak herring overnight; drain and cut into bits, removing intestines and as many bones as possible. Place herring, potatoes and onions in layers in greased casserole, beginning and ending with potatoes; sprinkle with bread crumbs and dot with butter. Bake in hot oven (425° F.) for 25–30 minutes. Approximate yield: 6 portions.

SHELLFISH belong to the invertebrate group of animals and are classed as *mollusks* and *crustaceans* (see Table XXIX, page 924, for a detailed description). Frogs, terrapin and turtle are grouped with shellfish, but generically do not belong with them. Terrapins are found in both salt and fresh water and turtles in salt water. Green sea turtles, some of them growing to enormous proportions, are found most abundantly in the Caribbean Sea. Only the cow turtle is eaten. The shell cooks to a gelatinous substance to make green turtle soup. The tail is also used for soup and some of the flesh makes highly prized steaks.

Of the shellfish, the mollusk group includes oysters, clams, scallops, abalone, sea mussels and snails. To the crustaceans belong lobsters, crabs, shrimps and fresh-water crayfish. Shellfish are high in nutritive value—protein and minerals.

Selection and Storage. Shellfish should be strictly fresh when purchased since they deteriorate rapidly. The name Bluepoint (from the south Long Island shore), Cotuit (from a bay in Massachusetts), Lynnhavens (from a bay in Virginia) and Oregon (from the state of that name) signify where the oyster was grown. If purchased in the shell, the oyster should be alive; this is indicated by the tightly closed shells. If any of the shells are partly open when purchased, the oysters or clams should be discarded.

Crabs are of two kinds: soft-shell and hard-shell. Both should be alive when purchased. *Lobsters* should be alive, or freshly boiled when they come from the market. Small or medium-sized lobsters (1 to 3 lb.) have more meat on them than the very small lobsters and are of better flavor than very large lobsters. *Shrimps* are purchased alive, in the shell or freshly boiled, or canned whole. Large shrimps are known as prawns. *Scallops* are sold by the pound, pint or quart. Only the large muscle is eaten. All shellfish must be kept on ice until ready for use.

STEAMED CLAMS

Soft-shelled clams are best for steaming; fresh clams are tightly closed or close when touched. Scrub with brush and wash in running water until free from sand; place in large kettle and add about $\frac{1}{2}$ cup boiling water to 1 peck (4 quarts) of clams. Cover tightly and cook over low heat about 20 minutes, or until shells open. Remove clams to hot platter or individual plates and cover with napkins to keep hot; pour clam broth into glasses and serve with clams. Serve small individual dishes of melted butter seasoned with lemon juice, salt and pepper, with each portion. To eat steamed clams, remove from shells and dip into butter, eating all but neck or siphon. Clams may be cooked in a steamer about 10 minutes, or until shells open. Allow 6 to 12 clams for one portion.

CLAM AND CHICKEN PIE

1 young chicken (3-4 lb.)	1 tablespoon butter
1 teaspoon salt	1 cup chopped celery
dash of cayenne	1 tablespoon flour
1 pint clams	$\frac{1}{2}$ cup milk
2 hard-cooked eggs, diced	$\frac{1}{2}$ recipe Plain Pastry (page 637)

Clean chicken and cut as for fricassee (page 298). Cover with boiling water and simmer, covered, 1 hour, or until almost tender. Add seasonings, clams, eggs, butter and celery. Mix flour and milk to a smooth paste; add to clam-chicken mixture and cook 5 minutes, stirring occasionally. Turn into baking dish. Cover with pastry, rolled thin and slash top to permit escape of steam. Bake in hot oven (450° F.) for 15 minutes; then reduce heat to moderate (350° F.) and bake 20 minutes longer. Approximate yield: 6 portions.

CLAM FRITTERS

8 large shucked clams	3 tablespoons milk
$\frac{1}{4}$ cup clam liquor	1 cup sifted flour
1 egg, slightly beaten	4 teaspoons baking powder
3 tablespoons melted butter	$\frac{1}{2}$ teaspoon salt
	$\frac{1}{8}$ teaspoon pepper

Put clams through food chopper; add clam liquor, egg, butter and milk. Mix and sift dry ingredients and add to clam mixture, stirring until smooth. Drop by spoonfuls into hot deep fat (375° F.) and cook two to 3 minutes or until golden brown. Drain on unglazed paper. Approximate yield: 6 portions.

CLAM RAMEKINS

3 small onions, minced	1 tablespoon salt
¼ cup butter	⅛ teaspoon black pepper
1 pint clams, finely chopped	3 tablespoons flour
2 cups boiling water	1 quart milk
2 large potatoes, diced	½ cup button mushrooms

Sauté onion in butter 5 minutes, or until light yellow; add clams and simmer for 7 minutes, then add boiling water, potatoes, salt and pepper, and cook over low heat 30 minutes, stirring occasionally. Mix flour and ¼ cup milk to a smooth paste; add remaining milk gradually, mixing until smooth. Add with mushrooms to clam mixture and cook 5 minutes, stirring occasionally. Turn into 6 greased individual ramekins and bake in moderate oven (350° F.) 25 minutes, or until browned. To make Clam Pie, cover with biscuit dough (page 114).

BOILED CRABS

Crabs have a hard shell except during the molting season in the spring and summer; between the shedding of the old shell and the hardening of the new shell, they have a soft shell and are called soft-shell crabs. Oyster crabs are found in the oyster shell; they are very small and eaten whole in oyster stews. Much of the canned crabmeat is from Japan; the meat is flaked from the bony tissue. Uncooked crabs should be alive when purchased; hard-shell crabs are boiled like lobster (page 354); soft-shell crabs are not usually boiled.

Wash crabs free from dirt and marsh grass; drop, head first, into rapidly boiling salted water, using 1 tablespoon salt to each quart of water; cover and boil for 20 minutes—the shell turns a strawberry pink and the meat a milky white. Plunge into cold water and when cool enough to handle, break off claws and apron or tail. Working at the tail end, force upper and lower shells apart. Remove or scrape away the spongy fibrous material between the two halves of the body and between the sides of the top shell and the body (gills, sand bags and intestines). Flake meat from bony tissue; crack claws and pull out meat with pick or pointed knife. Use as desired in hot or cold dishes. Approximate yield: ½ cup flaked meat from ½ lb. crab, or 1 hard-shell crab per portion.

BROILED SOFT-SHELL CRABS

Clean crabs, dip in melted butter, sprinkle with lemon juice, salt, pepper and cayenne; roll in flour. Broil under moderate heat 8 to 10 minutes, turning when half done. Allow 1 to 2 crabs per portion.

SHELLFISH [CRABS]

350

FRIED SOFT-SHELL CRABS

Soft-shell crabs should be alive when purchased; place, face down, on a board. The back tapers to a point on each side; take hold of one point and pull the soft shell back, scraping out the fibrous spongy material underneath; treat other side the same way. Turn crab face up, pull off tail, scrape off spongy portion beneath and wash in cold water.

Sprinkle prepared crabs with salt and pepper; dip in slightly beaten egg, then roll in fine, dry bread crumbs. Fry in hot deep fat (375° F.) for 3 to 4 minutes, or until golden brown. Drain on unglazed paper and serve at once with lemon and Tartar Sauce (page 389). Allow 1 to 2 crabs per portion.

STUFFED CRABS AND MUSHROOMS

1 cup sliced fresh mushrooms
2 tablespoons butter
1 tablespoon flour
½ teaspoon salt
½ cup heavy cream

1 cup flaked, cooked crabmeat
1½ tablespoons lemon juice
1 teaspoon capers
1 teaspoon chopped parsley
2 egg whites, stiffly beaten

Sauté mushrooms in butter and cook 5 minutes; remove mushrooms and stir in flour; add salt and cream, and cook 5 minutes, stirring until thickened. Add mushrooms, crabmeat and seasonings, and cook over moderate heat 5 minutes longer. Fold gently into egg whites; turn into crab shells or small ramekins. Bake in moderate oven (350° F.) for 20 minutes, or until browned. Approximate yield: 6 portions.

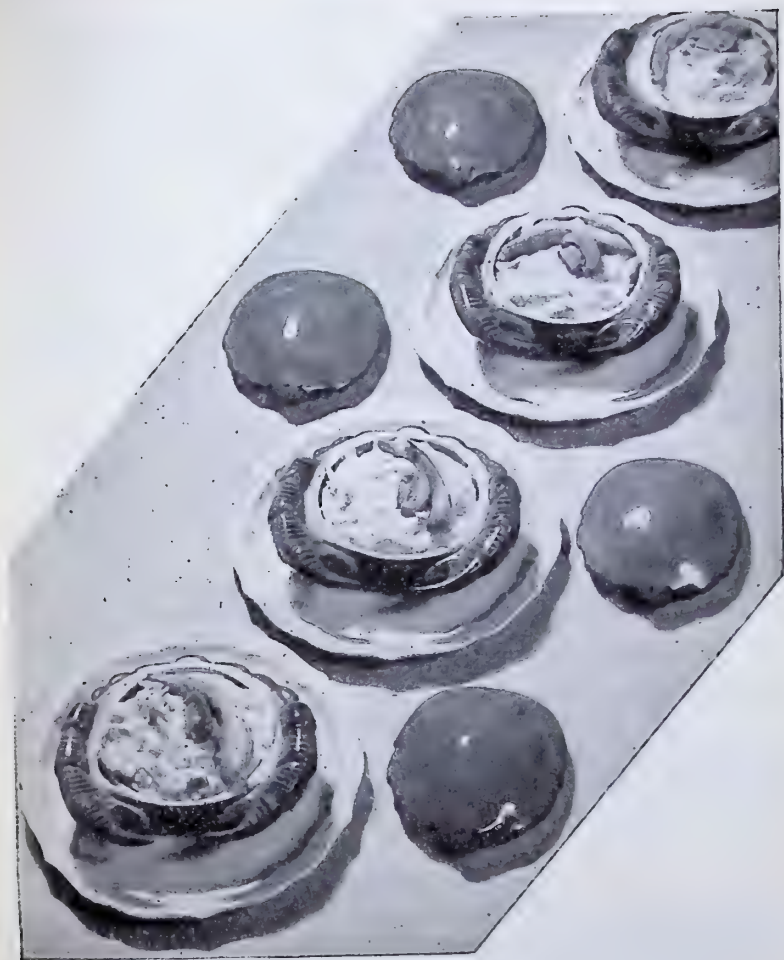
CRAB ROYAL

3 tablespoons butter
3 tablespoons flour
½ teaspoon salt
⅛ teaspoon paprika

⅔ cup milk
⅔ cup chicken stock
2 cups flaked, cooked crabmeat
½ cup sliced, cooked mushrooms

1 egg, slightly beaten

Make a roux of butter, flour and seasonings; add liquid slowly and cook over moderate heat until mixture thickens, stirring constantly. Add crabmeat and well-drained mushrooms; add slowly to egg and heat thoroughly, stirring constantly. Serve hot. Yield: 6 portions.



CRAB ROYAL

Flaked crab and mushrooms in a delicate sauce (recipe, page 350) make an attractive luncheon or supper dish served in individual crab-shaped casseroles.

CRABURGERS

- | | |
|------------------------|---------------------------------|
| 1 can (1 lb.) crabmeat | 1 teaspoon Worcestershire sauce |
| 2 eggs | 1 teaspoon chopped parsley |
| 1 teaspoon salt | 1 teaspoon minced chives |
| 1/8 teaspoon pepper | 2 tablespoons mayonnaise |
| 1 teaspoon dry mustard | 1/2 cup flour |
| | fine, dry bread crumbs |

Flake crabmeat, removing stiff bony tissue. Add 1 egg, slightly beaten, seasonings and mayonnaise, mixing lightly with fork. Form into small cakes, roll in flour, dip in remaining egg, slightly beaten, and roll in bread crumbs. Fry in small amount of butter about 6 minutes, turning to brown both sides. Serve in biscuits flavored with curry, mushroom or cheese. Approximate yield: 6 portions.

CRABMEAT BACON ROLLS

- | | |
|-------------------------------|----------------------------------|
| 1 cup flaked, canned crabmeat | 1/4 teaspoon salt |
| 1 egg, slightly beaten | 1/8 teaspoon pepper |
| 1/2 cup tomato juice | 1 1/2 teaspoons chopped parsley |
| 1 cup soft bread crumbs | 1 teaspoon chopped celery leaves |
| | 12 slices bacon |

Combine crabmeat, egg, tomato juice, bread crumbs and seasonings, mixing well. Shape into 12 rolls of finger length. Spiral each roll with a strip of bacon and fasten with toothpick. Place on broiler rack and broil until bacon is crisp, turning frequently. Yield: 6 portions.

CRAB SOUFFLÉ

- | | |
|--------------------------|--------------------------------|
| 3 eggs, separated | 1 cup grated cheese |
| 2 cups Thick White Sauce | 2 cups flaked, cooked crabmeat |
| (page 91) | 1 cup coarse dry bread crumbs |
| | 1 tablespoon butter |

Beat yolks until thick and lemon colored; add white sauce gradually, mixing well, then cheese and crabmeat. Sauté crumbs in butter and add to crab mixture; fold in stiffly beaten egg whites. Turn into greased casserole, place in pan of hot water and bake in moderate oven (350° F.) for 50 minutes. Approximate yield: 8 portions.

SOUTHERN CRAB CAKES

353

2 cups flaked, cooked crabmeat	dash of pepper
¼ teaspoon salt	1 egg
	flour

Mix crabmeat, salt, pepper and egg; shape into small cakes and dredge lightly with flour. Fry in hot deep fat (375°–380° F.) for 2 to 3 minutes, or until golden brown. Serve with tartar sauce or coleslaw. Approximate yield: 6 portions.

CRABMEAT AND POTATO CASSEROLE

4 cups seasoned mashed potatoes	1 cup Medium White Sauce
2 cups flaked, cooked crabmeat	(page 91)
½ cup buttered crumbs	parsley

Line 1 large or 6 individual casseroles with mashed potatoes; bake in hot oven (400° F.) for 10 minutes, or until slightly browned. Fill with combined crabmeat and white sauce. Sprinkle with crumbs and return dish to oven for 15 minutes, or until crumbs are browned. Serve with parsley garnish. Approximate yield: 6 portions.

RICE AND CRABMEAT

½ small onion, minced	1 cup cooked rice
2 tablespoons butter	1 cup flaked, cooked crabmeat
½ cup light cream	½ cup chili sauce
	toast points

Sauté onion in butter 2 minutes. Add cream, rice and crabmeat, and heat slowly in saucepan or chafing dish until almost boiling; add chili sauce. Serve on toast points. Approximate yield: 6 small portions.

CRABFLAKE MOUSSE

2 tablespoons granulated gelatin	1 cup mayonnaise
1 cup cold water	1 cup heavy cream, whipped
1 cup boiling water	2 cups flaked, cooked crabmeat
	pimiento strips

Soften gelatin in cold water 5 minutes; add boiling water, stir until dissolved and chill until slightly thickened. Fold in mayonnaise and cream; add crabmeat. Turn into molds, garnish with tiny strips of pimiento and chill until firm. Unmold on serving platter. Approximate yield: 6 to 8 portions.

BOILED LOBSTER

A live lobster is speckled green and should be active. Grab it just behind the claws or pick it up with vegetable tongs; straighten tail and plunge it head first into a large kettle nearly full of rapidly boiling salted water, using one tablespoon salt for each quart of water. Cover and boil rapidly 20 to 25 minutes; the lobster turns red and the tail is drawn up under the body. With tongs or tablespoons remove lobster and drop into cold water.

When cold enough to handle, twist or chop off claws close to the body and reserve small claws to use as garnish; crack large claws with a nut cracker or hammer; pick out meat with fork, or if lobster is served in shell, place cracked claws beside the body. Turn lobster over on back and pull back tail; cut lengthwise from head to end of tail, and discard stomach or "lady"—a small sac just back of head; the intestinal vein which runs to end of tail should come out with stomach, and if it does not, remove it piece by piece. The tail meat can be pulled out in one piece; remove meat from body in large pieces. The liver or green part is edible, as well as the coral in the female lobster. The spongy tissue or lungs found between the meat and the shell are discarded.

Cut lobster meat with a silver or a stainless steel knife, as other metal discolors the meat; use scissors to slit thin shell under tail. Chill lobster meat; if packed in ice it will keep about a week. Use in cocktails, salads or in hot dishes as desired. Approximate yield: 1 medium-sized lobster (1½ to 2 lb.) yields 2 to 4 portions.

BOILED LOBSTER IN SHELL

Serve boiled lobster hot or cold; leave claws intact, cut open and remove stomach and intestinal vein. Garnish with crisp watercress or lettuce and serve with hot melted butter or with mayonnaise. Serve one small lobster per portion.

BROILED LIVE LOBSTER

To kill the lobster, insert a sharp knife between the body and tail shells; this severs the spinal cord. Place on back and make deep cut lengthwise from mouth to end of tail; open and remove stomach, intestinal vein and liver. Crack large claws and lay lobster as flat as possible, flesh side up, on greased broiler. Brush meat with melted butter, and sprinkle lightly with salt and pepper. Broil slowly for 20 minutes, or until delicately browned; turn and broil on shell side 10 minutes longer. Serve at once with melted butter. Allow ¾ to 1 pound lobster in shell per portion.

STEAMED LOBSTER

355

Place live lobsters in steamer. Cover tightly and steam 30 minutes, keeping water in bottom of steamer boiling very rapidly. Prepare as for boiled lobster.

LOBSTER FARCI

6 baby lobsters	salt and pepper
2 cups milk	lemon juice
1 cup light cream	2 tablespoons sherry
¼ cup butter	½ cup buttered dry bread crumbs
2 tablespoons flour	hard-cooked egg yolk, riced
	chopped parsley

Boil live lobsters and remove meat (page 354), keeping shells intact; clean shells. Slip the tail shells into the upper part of the body shell, making containers for the farci. Cut lobster meat in about ¾-inch cubes. Scald milk and cream in a double boiler; add a roux of 2 tablespoons butter and flour, and cook 5 minutes, stirring constantly until smooth and thickened. Season to taste with salt, pepper, lemon juice and a little mace, if desired; add lobster meat and heat thoroughly, then add sherry and turn into shells. Sprinkle with bread crumbs, egg yolk and parsley; dot with remaining 2 tablespoons butter, and brown under broiler; use small lobster claws as garnish. Approximate yield: 6 portions.

MERRYMOUNT LOBSTER

3 cups broken lobster meat, canned or boiled	¼ teaspoon pepper dash of cayenne
2 cups thin cream	1 teaspoon prepared mustard
1 cup soft bread crumbs	½ teaspoon lemon juice
1 teaspoon salt	2 tablespoons butter
2 eggs, slightly beaten	1 cup buttered cracker crumbs

Heat lobster meat, cream and bread crumbs almost to boiling; stir gradually into the eggs; add salt, pepper and cayenne, and cook over hot water 5 minutes, or until slightly thickened, stirring constantly. Add remaining seasonings and butter; turn into greased ramekins and top with buttered crumbs. Bake in moderate oven (375° F.) for 10 minutes, or until crumbs are browned. Approximate yield: 8 portions.

PLANKED LOBSTER

1 live lobster	2 cups Duchess Potatoes (page 472)
½ teaspoon salt	lemon
dash of cayenne	parsley
½ teaspoon Worcestershire sauce	2 Stuffed Tomatoes (page 485)
4 tablespoons melted butter	cucumber slices

Split lobster as for broiling (page 354). Remove liver, mix with seasonings and sauté in 2 tablespoons butter 3 minutes. Brush remaining butter over lobster meat, spread with liver mixture and place on oiled hot plank. Bake in hot oven (450° F.) for 15 minutes. Loosen meat and crack claws. Garnish plank with ribbon of Duchess Potatoes and return to oven for 10 minutes, or until potatoes are browned. Garnish with lemon sections and parsley, and serve with corn-stuffed tomatoes arranged on cucumber slices. Yield: 2 portions.

LOBSTER À LA MARSEILLES

1 medium-sized lobster	½ teaspoon salt
1 tablespoon butter	dash of pepper
1 small onion, finely chopped	1¼ cups canned tomato sauce
4 large mushrooms	lettuce
	parsley

Boil or steam lobster (page 354); remove meat from shell and cut into small cubes. Add butter, onion, finely chopped mushroom stems, seasonings and lobster meat to 1 cup tomato sauce, and simmer 3 or 4 minutes; turn into lobster shell. Peel and sauté mushroom caps and lay on lobster. Place in baking pan, pour remaining ¼ cup tomato sauce over top and bake in moderate oven (350° F.) for 10 minutes. Serve on bed of lettuce and parsley. Yield: 3 to 4 portions.

LOBSTER STEW

1 medium-sized lobster, boiled	1 slice onion
3 tablespoons butter	1 teaspoon salt
1 quart milk	paprika

Cut lobster meat in small pieces and sauté lightly in butter but do not brown. Scald milk with onion; remove onion, add milk to lobster meat and season with salt and paprika. If desired, rub liver or coral through a sieve and add to stew. Approximate yield: 6 portions.

LOBSTER NEWBURG

357

2 cups cubed lobster meat	½ cup thin cream
2 tablespoons butter	½ teaspoon salt
¼ cup sherry	cayenne
2 tablespoons brandy	nutmeg
3 egg yolks, slightly beaten	6 slices toast

Cook lobster in butter 3 minutes; add liquors and cook 1 minute longer. Mix egg yolks and cream, add to lobster and cook just until mixture thickens, stirring constantly; if overcooked, sauce will curdle. Remove from fire immediately, season with salt, cayenne and nutmeg, and serve at once on toast or crisp crackers, or in patty shells. Approximate yield: 6 portions.

FRIED LOBSTER

1 lobster, boiled (page 354)	½ cup fine dry bread crumbs
salt and paprika	1 egg, well beaten
juice of 1 lemon	Tartar Sauce (page 389)

Remove lobster meat from shell, tail and claws, cutting tail meat in quarters; sprinkle with salt, paprika and lemon juice. Dip in crumbs, then in egg, and again in crumbs; fry in hot deep fat (380° F.) for 2 minutes. Drain on absorbent paper; serve with tartar sauce. Approximate yield: 3 portions.

LOBSTER CUTLETS

1 cup Thick White Sauce (page 91)	½ teaspoon salt
2 cups broken lobster meat, canned or boiled	1 teaspoon lemon juice
½ cup crumbled bread	1 tablespoon minced parsley
	dash of paprika
	2 eggs, slightly beaten
	dry bread crumbs

Mix white sauce, lobster and bread; add salt, lemon juice, parsley and paprika, mixing well; chill. When stiff enough to handle, mold into cutlets, dip in egg, then in crumbs; fry in hot deep fat (385° F.) about 2 minutes, or until golden brown. Approximate yield: 6 portions.

SHELLFISH [LOBSTER]

358

BAKED LOBSTER

Prepare lobster as for broiling (page 354). Dot meat with butter and sprinkle with salt, pepper and $\frac{1}{4}$ cup coarse, dry bread crumbs. Place on rack in roasting pan, cover and bake in hot oven (425° F.) for 35 minutes, basting once with melted butter. The meat will be tender and juicy. Allow $\frac{3}{4}$ to 1 pound lobster in shell per portion.

LOBSTER EN BROCHETTE

1½ pounds lobster meat	18 mushroom caps, peeled
$\frac{1}{8}$ teaspoon salt	$\frac{1}{2}$ cup Maître d'Hôtel Butter
$\frac{1}{8}$ teaspoon pepper	(page 384)
1 tablespoon Worcestershire sauce	6 slices broiled bacon

Cut lobster meat in 2-inch squares; add salt, pepper and Worcestershire sauce, mixing well. Place pieces of lobster, alternately with mushroom caps, on 6 silver or stainless steel skewers. Broil for 8 minutes, turning occasionally. Place on hot dish, cover with butter, and garnish with bacon slices. Approximate yield: 6 portions.

LOBSTER WITH ANCHOVY SAUCE

1 medium-sized lobster	4 teaspoons anchovy paste
2 tablespoons butter	$\frac{1}{2}$ teaspoon salt
2 tablespoons flour	$1\frac{1}{2}$ tablespoons lemon juice
1 cup water	3 slices toast

Boil or steam lobster (page 354); remove meat from shell in as large pieces as possible. Make a roux of butter and flour; add water and stir constantly, cooking until mixture thickens. Add anchovy paste, mixing well; add salt, lemon juice and lobster meat, and simmer 5 minutes. Serve on toast. Approximate yield: 3 portions.

LOBSTER À LA PAUL

1 medium-sized lobster	$\frac{1}{4}$ cup chili sauce
$\frac{1}{4}$ cup butter	1 tablespoon chopped parsley
	$\frac{1}{4}$ teaspoon salt

Boil or steam lobster (page 354); remove meat from shell in as large pieces as possible. Place butter, chili sauce, parsley and salt in saucepan or chafing dish and bring to boiling point; add meat and simmer 5 minutes. Serve very hot. Approximate yield: 2 to 3 portions.

OPENING AND CLEANING MUSSELS

359

Scrub and rinse mussels; open by steaming or with a knife. Cut off and discard hairy beard. Like other shell fish, mussels must be alive before cooking. Throw away any mussels that are open and do not close to touch. Allow 6 to 7 mussels per portion.

MUSSELS BAKED WITH CHEESE

42 prepared mussels	1 teaspoon scraped onion
½ teaspoon salt	½ lb. sliced bacon
dash of pepper	½ cup grated Parmesan cheese

Spread mussels in shallow baking pan and sprinkle with salt, pepper and onion. Pan-fry bacon until almost crisp; place on top of mussels, about ¼ inch apart; sprinkle cheese between strips. Bake in moderate oven (350° F.) for 15 minutes. Approximate yield: 6 portions.

SCRAMBLED EGGS WITH MUSSELS

30 prepared mussels	6 eggs, slightly beaten
¾ teaspoon salt	1 tablespoon heavy cream
dash of pepper	½ cup soft bread crumbs
1 tablespoon butter	

Chop mussels fine and season with salt and pepper. Mix together eggs, cream and bread crumbs; add to melted butter in frying pan, and cook over low heat until mixture begins to thicken, stirring constantly. Add mussels and scramble slowly. Yield: 6 portions.

MUSSELS À LA MARINIÈRE

42 prepared mussels	dash of thyme
½ small onion	1½ tablespoons tarragon vinegar
2 sprigs parsley	1 tablespoon butter
1 stalk celery	½ teaspoon salt
drop of tabasco	

Scrub mussels well; place in saucepan with onion, parsley, celery and thyme, cover and cook over low heat until shells open; increase heat slightly and simmer 30 minutes. Remove beards and serve mussels on half shell in soup plates; add remaining ingredients to juice in saucepan; heat thoroughly and strain. Serve in small bowls as a sauce for the mussels. Approximate yield: 6 portions.

SHELLFISH [OYSTERS]



360

OPENING AND CLEANING OYSTERS

Wash shells thoroughly and rinse in cold water. Insert a strong thin knife between the shells, near the thick end, and run it around until the muscle holding the shells together is cut. Turn oysters and the liquor into a bowl. Strain liquor before using and examine oysters closely for pieces of shell. Use as desired.

Oysters can be purchased shucked by the dozen, the pint or quart; the liquor should be clear, fresh and sweet smelling, not cloudy. There are about 14 small, 10 medium and 8 or 9 large oysters to 1 cup. Oysters can be bought in cans. Allow about $\frac{2}{3}$ cup per portion; or 9 to 10 small, 6 to 7 medium, and 5 to 6 large oysters per portion.

OYSTERS COOKED IN SHELL

Scrub oysters well and rinse in cold water. Set in baking pan, deep shell down, and bake in hot oven (450° F.) for 10 minutes, or until shells open. Season with a little butter, salt and pepper, and serve on the half shell at once.

SAUTÉED OYSTERS

Drain oysters and dry thoroughly. Roll in fine bread or cracker crumbs. Fry on well-greased hot griddle or frying pan 2 minutes, turning to brown both sides. Serve on toast.

PANNED OYSTERS

Place oysters in shallow dripping pan, add a very small amount of oyster liquor. Bake in hot oven (425° F.) for 3 to 5 minutes, or just until they are plump and hot. Serve on buttered toast softened with hot oyster liquor.

PAN-BROILED OYSTERS

2 quarts large oysters	$\frac{1}{4}$ cup butter, melted
$\frac{1}{2}$ teaspoon salt	8 to 10 strips of toast
$\frac{1}{8}$ teaspoon cayenne	$\frac{1}{4}$ cup sherry

Drain oysters and dry thoroughly; sprinkle both sides lightly with salt and cayenne. Fry in greased, hot frying pan 2 minutes, or until plump, turning them once. Dip in melted butter and place on toast strips. Pour a teaspoon of sherry over each strip and serve immediately. Approximate yield: 8 to 10 portions.

GRILLED OR BROILED OYSTERS

361

18 shucked large oysters	fine, dry bread crumbs
2 eggs, slightly beaten	¼ cup butter, melted
½ teaspoon salt	6 slices buttered toast
¼ teaspoon pepper	6 slices lemon
	parsley

Drain oysters and dry thoroughly. Dip in egg, seasoned with salt and pepper, roll in crumbs and place on greased broiler. Pour a drop or two of butter on each oyster and broil under moderate heat 1 minute, or until browned. Turn, pour another drop of butter on each oyster and broil for 1 minute. Serve on toast, garnished with lemon slice and parsley. Approximate yield: 6 portions.

FRIED OYSTERS

1 quart large oysters	2 eggs, slightly beaten
	fine, dry bread crumbs

Dry oysters between pieces of absorbent paper or on a clean towel. Dip in egg, roll in crumbs and fry in deep hot fat (375–380° F.) for 2 to 3 minutes, or until golden brown. Serve with shredded cabbage salad. Approximate yield: 6 portions.

CREAMED OYSTERS

3 cups oysters	2 cups Medium White Sauce
1 teaspoon chopped parsley	(page 91)
	6 patty shells

Examine oysters for bits of shell; heat in their own liquor about 3 minutes, or until edges curl; add to white sauce with parsley. Serve in patty shells. Approximate yield: 6 portions.

OYSTERS BENEDICT

6 thin slices boiled ham	3 English muffins
1 square inch ham fat	1 recipe Hollandaise Sauce (page 385)
1 pint oysters, drained	6 thin strips pimiento

Sauté ham in fat 3 or 4 minutes, or until hot and lightly browned. Remove from pan, add oysters and sauté 5 minutes, or until plump and edges curl. Split and toast muffins; place one slice ham and 4 oysters on each half. Serve with Hollandaise sauce and garnish with pimiento. Approximate yield: 6 portions.

SHELLFISH [OYSTERS]



362

OYSTER BÉCHAMEL

1 quart oysters	¼ teaspoon paprika
1 cup oyster liquor	dash of nutmeg
3 tablespoons butter	½ cup light cream
3 tablespoons flour	2 egg yolks, slightly beaten
½ teaspoon salt	toast, pastry or crackers
parsley	

Heat oysters in liquor 5 to 8 minutes, or until plump and edges curl; drain, saving liquor. Make a roux of butter and flour and add seasonings; add oyster liquor gradually and cook 5 minutes, stirring constantly until smooth and thickened. Add cream slowly, beating sauce until glossy; add oysters and heat thoroughly. Add small amount to egg yolks, mixing well; return to oyster mixture and cook 1 minute longer, stirring constantly. Serve on toast, crackers or pastry points; garnish with parsley. Approximate yield: 6 portions.

SAVORY BAKED OYSTERS

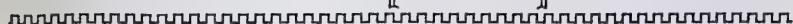
1 quart large oysters	dash of paprika
3 tablespoons olive oil	½ teaspoon curry powder
3 tablespoons lemon juice	1 tablespoon horseradish
½ teaspoon salt	2 cups buttered crumbs
12 slices crisp broiled bacon	

Drain oysters thoroughly. Mix olive oil, lemon juice and seasoning; add oysters and let marinate 30 minutes. Dry between sheets of absorbent paper, roll in crumbs and place in long shallow baking pan; bake in hot oven (425° F.) for 20 minutes, or until puffed and crisp. Serve with bacon strips. Approximate yield: 6 portions.

OYSTERS MICHAEL

4 cups diced bread	½ teaspoon salt
¼ cup butter	½ teaspoon nutmeg
1 pint oysters	1 cup light cream

Sauté bread cubes in butter 5 minutes, or until lightly browned, stirring frequently. Place half the bread in greased casserole; arrange oysters on this and sprinkle with salt and nutmeg; add cream and top with remaining bread. Bake in hot oven (450° F.) for 10 minutes. Approximate yield: 6 portions.



OYSTER CASSEROLE

363

1 cup chopped mushrooms	1½ pints oysters
8 to 10 small whole mushrooms	1 cup milk
½ cup butter	½ cup light cream
1 cup fine cracker crumbs	paprika

Sauté all mushrooms in 2 tablespoons butter 2 minutes. Line bottom of greased casserole with $\frac{1}{3}$ of crumbs, add a layer of chopped mushrooms and dot with 1 tablespoon butter; add another layer of crumbs, then oysters, remaining chopped mushrooms and a final layer of crumbs. Pour milk, cream and remaining 5 tablespoons butter, melted, over top. Set casserole in a pan of water and bake in moderately hot oven (375° F.) for 25 minutes. Stand whole mushrooms upright in crumbs, sprinkle with paprika and place under moderate broiler heat about 5 minutes. Approximate yield: 6 portions.

DEVILED OYSTERS

1 onion, finely chopped	dash of cayenne
¼ cup butter	½ teaspoon Worcestershire sauce
1 quart oysters, chopped	2 eggs, well beaten
1 tablespoon chopped parsley	½ cup cracker crumbs
¼ cup fine bread crumbs	

Sauté onion in 3 tablespoons butter 3 minutes, or until tender; add oysters, parsley, cayenne and Worcestershire sauce, and boil 1 minute; add to eggs. Add cracker crumbs and turn into shells or small ramekins. Sprinkle with bread crumbs and dot with remaining tablespoon butter; bake in hot oven (425° F.) for 15 minutes or until browned. Approximate yield: 6 portions.

FRIED OYSTER PIES

½ recipe Plain Pastry (page 637)	6 large oysters
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Place pastry on lightly floured board and roll $\frac{1}{8}$ inch thick; cut in twelve 3-inch rounds. Place one oyster on each of 6 rounds; top with remaining 6 rounds and press edges together with a fork dipped in flour. Fry in hot deep fat (380° F.) for 3 to 5 minutes, or until golden brown. Approximate yield: 6 portions.

SHELLFISH [OYSTERS]

364

MANHATTAN ROAST OYSTERS

1 quart large oysters	$\frac{2}{3}$ cup butter, melted
$2\frac{1}{4}$ cups fine, dry bread crumbs	2 eggs, slightly beaten
3 teaspoons salt	2 tablespoons water
dash of pepper	1 lemon
	parsley

Drain oysters thoroughly; combine crumbs, salt, pepper and melted butter. Roll oysters in crumbs; then dip in eggs, mixed with water, and roll again in crumbs. Arrange oysters in greased large shallow pan, one layer deep. Bake in hot oven (425° F.) for 15 to 20 minutes, or until oysters are puffed and nicely browned. Serve with wedges of lemon and sprigs of parsley. Yield: 6 portions.

SCALLOPED OYSTERS

1 cup soft bread crumbs	dash of black pepper
$1\frac{1}{2}$ cups fine dry cracker crumbs	dash of nutmeg
$\frac{3}{4}$ cup butter, melted	2 tablespoons chopped parsley
1 quart oysters	$\frac{1}{2}$ cup oyster liquor
1 teaspoon salt	$\frac{1}{4}$ cup milk

Mix bread crumbs, cracker crumbs and butter; line bottom of greased casserole with half of crumbs; arrange oysters in three layers, sprinkling each layer with seasonings; add oyster liquor and milk, and top with remaining crumbs. Bake in moderate oven (350° F.) for 1 hour, or until mixture is puffed and browned. Yield: 6 portions.

SCRAMBLED OYSTERS

6 eggs, slightly beaten	1 cup coarsely chopped oysters
6 tablespoons cream	2 tablespoons chili sauce
2 tablespoons butter, melted	toast triangles
$\frac{3}{4}$ teaspoon salt	anchovy paste
$\frac{2}{3}$ cup chopped celery	parsley

Mix together eggs, cream, butter, salt and celery; pour into lightly greased frying pan and cook over low heat until mixture begins to thicken, stirring constantly. Add oysters and cook until eggs are scrambled. Add chili sauce, remove from heat and serve on toast triangles spread with anchovy paste. Garnish with parsley. Approximate yield: 6 portions.

BAKED OYSTERS AND NOODLES

1 box (12 oz.) frosted oysters	½ teaspoon paprika
¼ cup butter	2 tablespoons flour
½ teaspoon salt	1¼ cups milk
dash of pepper	2 cups uncooked broken noodles
½ cup buttered bread crumbs	

Allow oysters to thaw a little. Sauté oysters in butter about 10 minutes, or until edges curl, then add seasonings; remove oysters and stir flour into mixture in pan. Gradually add milk, stirring until thick and smooth. Cook noodles in large amount of rapidly boiling, salted water about 10 minutes, or until tender; drain and arrange half of them in greased casserole. Cover with oysters, then add remaining noodles. Pour sauce over top and sprinkle with crumbs; bake in hot oven (450° F.) for 15 minutes. Approximate yield: 6 portions.

OYSTER CUTLETS

1 quart oysters	¼ teaspoon salt
1 cup oyster liquor	dash of cayenne
1 cup light cream	1 tablespoon minced parsley
¼ cup butter	2 eggs
½ cup flour	fine, dry bread crumbs

Heat oysters in liquor 5 to 8 minutes, or until plump and edges begin to curl; drain, add liquor to cream, and chop oysters fine. Make a roux of butter and flour, then add liquor-cream mixture slowly and cook 5 minutes, stirring constantly until thick and smooth. Add seasonings and oysters; then stir in 1 egg, slightly beaten, and cook 1 minute longer. Turn out on large plate and chill. Shape into cutlets, dip in remaining egg, beaten, and roll in crumbs. Fry in hot deep fat (380° F.) for 2 to 3 minutes, or until golden brown. Approximate yield: 6 portions.

BROILED OR SAUTÉED SCALLOPS

2 pounds (1 qt.) scallops	fine, dry bread crumbs
1 cup milk	2 tablespoons butter

Wash and pick over scallops; dip in milk and roll in bread crumbs. Place one layer deep in greased shallow pan, dot with butter and broil 3 minutes or until browned, turning frequently. Serve with melted butter and lemon juice. Approximate yield: 6 portions.

To sauté scallops, prepare as for broiling and fry on well-greased hot griddle or frying pan, 3 minutes, or until browned, turning frequently.

SCALLOPS AU GRATIN

- | | |
|--------------------------------------|-----------------------------|
| 2 pounds (1 qt.) scallops | ½ cup minced green pepper |
| 1 cup fine buttered crumbs | ½ cup finely chopped celery |
| 1 teaspoon salt | 1 cup light cream |
| 2 tablespoons grated Parmesan cheese | |

Wash and drain scallops; cover with cold water, heat slowly to boiling and drain. Line a greased baking dish with a thin layer of bread crumbs. Add scallops in layers, sprinkling each layer with salt, green pepper and celery until all scallops are used. Add cream. Top with remaining crumbs, mixed with cheese, and bake in moderate oven (350° F.) for 30 minutes. Approximate yield: 6 portions.

SAVORY SCALLOPS

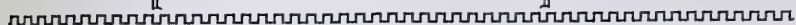
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|---------------------------------------|------------------------|
| 1 pound (1 pt.) scallops | 1 egg, slightly beaten |
| ½ cup Medium Cream Sauce
(page 91) | ½ teaspoon salt |
| ½ cup canned tomatoes | dash of cayenne |
| 1 cup grated cheese | ½ teaspoon dry mustard |
| | 6 toast squares |

Wash scallops, cover with cold water, heat slowly to boiling and drain. Mix cream sauce, tomatoes and cheese, and heat until cheese is melted; add slowly to egg, mixing well. Add seasonings and scallops, and cook over hot water 5 minutes, stirring occasionally. Serve on toast. Approximate yield: 6 portions.

SCALLOPS AND MUSHROOMS

- | | |
|------------------------------|---------------------------------|
| 1 pound (1 pt.) scallops | ¾ cup evaporated milk |
| ¼ pound mushrooms | ½ teaspoon salt |
| 2 tablespoons butter | dash of pepper |
| 1 tablespoon flour | ½ teaspoon Worcestershire sauce |
| 1 sweet red pepper, shredded | 6 slices toast |

Wash scallops, cover with cold water, heat slowly to boiling and drain. Wash, peel and slice mushrooms; sauté in butter 5 minutes; stir in flour and pepper, then milk, and cook 5 minutes, or until thickened, stirring constantly. Add scallops and remaining seasonings, and heat thoroughly; serve on toast. Approximate yield: 6 portions.



FRIED SEA SCALLOPS

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2 pounds (1 qt.) scallops	½ cup flour
2 eggs, slightly beaten	1 teaspoon salt
	dash of paprika

Wash scallops, drain and dry between folds of absorbent paper. Dip in egg, then in seasoned flour. Fry in hot deep fat (375° F.) for 2 to 3 minutes, or until golden brown; drain on unglazed paper. Serve with Tartar Sauce (page 389). Approximate yield: 6 portions.

BOILED SHRIMPS

Wash shrimps in cold water and drop into rapidly boiling salted water; add 2 bay leaves, a stalk of celery, a dash of thyme and a sprig of parsley, and cook 15 to 20 minutes, or until shells turn pink. Drain and cover with cold water to chill; then drain, remove shells and legs, and the intestinal vein (the black line running along the back); prepare as desired. Shrimps may be cooked without the addition of vegetables. 1 pound fresh shrimps yields 2 cups cooked shrimps. Canned shrimps may be used in any recipe. Allow 1½ pounds for 6 portions.

CREAMED SHRIMPS

1½ pounds fresh shrimps	2 cups Medium White Sauce
6 slices toast or patty shells	(page 91)

Cook and prepare fresh shrimps (see above); mix with white sauce. Heat thoroughly, and season with additional salt and pepper, if desired. Serve on toast or in patty shells. Serve with green peas. Yield: 6 portions.

CHARLESTON SHRIMPS

1½ pounds fresh shrimps	dash of pepper
1 teaspoon salt	¾ cup butter, melted

Cook and prepare fresh shrimps (see above); add with seasonings to melted butter, cover and cook over low heat 10 minutes, stirring occasionally. Serve with hot hominy grits, if desired. Approximate yield: 6 portions.

CURRIED SHRIMPS

1½ pounds fresh shrimps	dash of pepper
3 cups shrimp stock	3 tablespoons flour
3 chicken bouillon cubes	3 tablespoons butter
1 tablespoon curry powder	5 cups hot, cooked rice
½ teaspoon salt	3 hard-cooked eggs

Cook and prepare shrimps (page 367), saving stock. To 3 cups strained shrimp stock, add bouillon cubes and stir until dissolved; moisten curry powder with a little water and add to stock with salt and pepper, mixing well. Stir flour into melted butter; gradually stir in seasoned stock and cook over low heat until smooth and slightly thickened; then add shrimps. Pack hot rice into greased ring mold and bake in moderate oven (350° F.) for 15 minutes; unmold on platter, put shrimp mixture in center and garnish with sliced eggs. Approximate yield: 6 portions.

SHRIMP CREOLE

½ medium-sized onion, chopped	dash of cayenne
½ cup chopped mushrooms	¼ teaspoon thyme
2 tablespoons butter	1 bay leaf
2 tablespoons flour	2 pimientos, chopped
1 cup mushroom broth	2 cups cooked shrimps
1 cup water	4 wheat biscuits
½ teaspoon salt	butter
⅛ teaspoon pepper	3 sprigs parsley

Sauté onion and mushrooms in butter 3 minutes; stir in flour and cook 1 minute, then add liquid gradually and cook until thickened, stirring constantly. Add seasonings and shrimps, and cook 5 minutes. Serve on wheat biscuits, cut in half lengthwise, toasted and buttered; garnish with parsley. Or serve in rice or spaghetti mold. Yield: 6 portions.

GREEN CORN AND SHRIMP SOUFFLÉ

6 large ears corn	2 teaspoons sugar
3 eggs, separated	1 tablespoon melted butter
½ teaspoon salt	1½ pounds fresh shrimps, cooked

Scrape corn kernels from cob and stir into well-beaten egg yolks; add seasonings, melted butter and shrimps; fold in stiffly beaten egg whites. Turn into greased casserole, cover and place in pan of hot water; bake in slow oven (300° F.) for 1 hour, or until firm. Remove cover the last 15 minutes of baking to brown top. Yield: 6 portions.



FRIED SHRIMPS

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Cook and prepare fresh shrimps (page 367), season with salt and pepper, dip in milk and roll in cornmeal. Fry in hot deep fat (380° F.) for 2 to 3 minutes, or until golden brown. Drain on unglazed paper and serve at once on squares of buttered toast; garnish with parsley tips and olives. Allow 6 to 8 shrimps per portion.

SHRIMP PIE

1½ pounds fillet of haddock (or other white fish)	1½ pounds fresh shrimps, cooked (page 367)
1 medium-sized onion, minced	1 cup cooked peas
½ cup dry bread crumbs	1 recipe Plain Pastry (page 637)
½ teaspoon salt	1 egg yolk
⅛ teaspoon pepper	3 tablespoons butter
¾ cup sour heavy cream	1 tablespoon flour
	1 cup water

Wash fish; wrap in cloth, drop into boiling salted water and cook 5 minutes; drain, remove cloth, and mince with fork. Add onion, bread crumbs, seasoning and ½ cup sour cream. Add fish mixture, shrimps and peas in alternate layers in 6 small casseroles; top with pastry, cutting a small hole in center of each. Brush pastry with slightly beaten egg yolk; bake in hot oven (425° F.) for 20 minutes. Make a roux of butter and flour; mix water and remaining ¼ cup sour cream, and add slowly to roux, cooking over low heat 5 minutes, or until thick and smooth. When pies are baked, pour sauce into pies through center opening in top crust. Serve at once. Approximate yield: 6 portions.

SHRIMP AND OYSTER DELIGHT

1 pound fresh shrimps	2 tablespoons butter
2 dozen large shucked oysters	1 cup flaked cooked crabmeat
6 mushrooms, peeled and sliced	2 cups Thin Cream Sauce (page 91)
½ green pepper, diced	½ cup chopped pimiento
	10 slices toast

Wash shrimps, drop into boiling water and cook 20 minutes. Plunge into cold water, remove shell and black line along the back. Heat oysters in their liquor 8 minutes, or until edges curl; drain. Sauté mushrooms and green pepper in butter 3 minutes. Add fish, cream sauce and pimiento; heat thoroughly. Serve on toast. Approximate yield: 10 portions.

SHELLFISH [SHRIMPS]

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CREOLE JAMBALAYA

- | | |
|--------------------------|------------------------|
| 1 pound fresh shrimps | 1 cup canned tomatoes |
| 1 dozen oysters | dash of cayenne |
| 3 tablespoons butter | 1 teaspoon salt |
| 1 onion, minced | ½ chili pepper, minced |
| 1 clove garlic, minced | 2 cups rice, washed |
| 3 cups bouillon or water | |

Drop shrimps into boiling salted water, cook 5 minutes, drain and clean. Heat oysters in their own liquor 5 minutes and drain. Sauté shrimps and oysters in butter 2 minutes; add onion and garlic, and cook 5 minutes longer. Add tomatoes, seasonings, chili pepper and rice, mixing well; then add bouillon and simmer, covered, 40 minutes, or until rice is tender. Serve from tureen. Approximate yield: 6 portions.

SHRIMP TEMPURA

- | | |
|----------------------------------------------|---------------------------------|
| 1 teaspoon almond butter or
peanut butter | ½ teaspoon salt |
| 2 eggs | dash of pepper |
| 1 tablespoon rice flour or cornstarch | 1½ pounds fresh shrimps, cooked |
| (page 367) | |
| parsley | |

Cream nut butter; separate one egg, and add one half of the white to nut butter, beating until smooth. Beat remaining egg white, yolk and second egg; stir in rice flour, then nut butter and seasoning, beating until smooth. Dip shrimps in this batter and fry in hot deep fat (380° F.) for 2 to 3 minutes, or until browned. Drain on unglazed paper and garnish with parsley or watercress. Approximate yield: 6 portions.

SHRIMP AND RICE CASSEROLE

- | | |
|-----------------------|---------------------------------|
| ½ pound sharp cheese | 2½ cups cooked rice |
| ½ cup evaporated milk | 1½ pounds fresh shrimps, cooked |
| ½ teaspoon salt | (page 367) |
| dash of pepper | 1 cup buttered bread crumbs |

Grind cheese or cut in small pieces; melt over hot water. Gradually stir in milk, beating until smooth; then add seasonings. Pour half of cheese sauce into greased casserole; place half of rice over sauce, cover with shrimps and top with remaining rice. Pour remaining cheese sauce over all and top with crumbs; bake in moderate oven (350° F.) for 20 to 30 minutes. For canned shrimp, use 1½ cups or 1½ cans (No. 1). Approximate yield: 6 to 8 portions.

FROGS' LEGS

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The hind legs of the frog are the only part that is eaten; they are considered a delicacy. Cut legs from body, wash, and turn the skin down; it can be pulled off like a glove. Allow 2 legs per portion.

FRIED FROGS' LEGS

6 pair large frogs' legs	1½ tablespoons lemon juice
½ teaspoon salt	1 egg, slightly beaten
pepper	fine, dry bread crumbs

Skin frogs' legs; marinate in mixture of salt, pepper and lemon juice about 1 hour. Dip quickly in egg, roll in crumbs and fry in hot deep fat (385° F.) for 3 minutes, or until golden brown. Yield: 6 portions.

FROGS' LEGS IN WINE

1 pound frogs' legs	4 tablespoons butter
salt, pepper and nutmeg	1 cup white wine (Rhine wine or Sauternes)
1 teaspoon chopped onion	½ cup brown stock
2 tablespoons chopped chives	1 tablespoon chopped parsley, chervil and tarragon leaves, mixed
½ cup chopped mushrooms	
1 truffle, chopped	
1 tablespoon capers	

Skin frogs' legs and season with salt, pepper and nutmeg. Sauté frogs' legs, onion, chives, mushrooms, truffle and capers in butter 5 minutes, or until lightly browned. Add wine, and simmer 10 minutes, or until wine is almost evaporated. Add brown stock, heat thoroughly and sprinkle with herbs. Approximate yield: 2 portions.

FRICASSEE OF FROGS' LEGS

6 pair large frogs' legs	dash of pepper
1 cup milk	¼ cup butter
3 tablespoons flour	¾ cup heavy cream
½ teaspoon salt	1 tablespoon chopped parsley

Skin frogs' legs, cover with milk and soak 15 minutes; drain. Mix 2 tablespoons flour with salt and pepper, dredge frogs' legs and sauté in butter 3 minutes, or until browned, turning frequently. Remove from frying pan. Stir in remaining flour; add cream gradually, and cook over low heat 5 minutes, stirring constantly, until sauce is smooth and slightly thickened. Add frogs' legs, cook gently 3 minutes longer and add parsley. Approximate yield: 6 portions.

SHELLFISH [FROGS' LEGS AND SNAILS]



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FROGS' LEGS POULETTE

6 pair frogs' legs	½ teaspoon sugar
salt	½ cup cream
2 tablespoons butter	2 tablespoons beef broth
¾ cup white wine (Rhine wine or Sauternes)	2 teaspoons onion juice
1 tablespoon flour	1 teaspoon chopped parsley
dash of paprika	1 egg yolk, beaten
	toast

Wash and dry frogs' legs and sprinkle with salt; simmer, covered, in 1 tablespoon of butter and wine 15 minutes, or until almost tender. Mix flour, ½ teaspoon salt, paprika and sugar with remaining 1 tablespoon melted butter; gradually stir in cream and beef broth, and cook until thickened. Then add onion juice, parsley and drained frogs' legs, and cook 2 minutes. Just before serving, stir in egg yolk and wine in which frogs' legs were cooked. Serve on toast. Yield: 6 portions.

STUFFED FRESH SNAILS

1 pound snails (2½ dozen)	¼ cup chopped parsley
Court Bouillon (page 335)	1 teaspoon chopped onion
¼ cup butter	minced garlic

Preparing snails is tedious and difficult; they may be coaxed from their shells by a sprinkling of salt, then washed; or they may be soaked in salt water several hours, washed in several waters and boiled about ½ hour. Remove snails from shells and boil in Court Bouillon about 4 hours; wash shells and dry thoroughly. Return cooked snails to shells and force paste made of butter and seasonings into opening of each. Place in baking pan and bake in moderately hot oven (375° F.) about 20 minutes, or until heated through. Serve with an oyster fork or snail pick, picking up each snail with a clamp, or holding it with the corner of a napkin. Approximate yield: 6 portions.

CANNED SNAILS

Canned snails are imported and sold as a delicacy; they come in special cartons with two containers. One holds the cooked snails and the other, the washed and polished shells. The family-size can contains 2 dozen snails. Place snails in shells and prepare as Stuffed Fresh Snails (see above). Or substitute a filling of equal parts butter and ground filberts, mixed together in a bowl which has been rubbed lightly with garlic. Yield: 2 dozen snails or 6 portions.

BOILED TURTLE AND TERRAPIN

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Snapping turtles and soft shell turtles or tortoises should be alive when purchased. Sever the head with an axe, and cover with cold water; or hang, neck down, on a hook until the blood has stopped dripping. Wash carefully, drop into boiling salted water and cook 10 minutes; drain and cover with cold water; then drain, pull out nails and rub black skin from legs. Cover again with boiling water and simmer, covered, $\frac{1}{2}$ to $\frac{3}{4}$ hour, or until shell separates easily and the legs can be dented; cool in water. Place turtle on its back, and working from the tail end, loosen and remove under shell. The gall bladder, a sac near the head, and the intestines should be carefully removed and discarded. The eggs, if any, the heart and the liver should be dropped in water. Use for stews, creamed dishes or for croquettes, saving juice.

The diamond back Chesapeake and the Long Island terrapin are considered the choicest. They weigh around 3 pounds each. To cook live terrapin, wash, pick up with tongs, and plunge, head first, into boiling salted water; cook 10 minutes, drain and cover with cold water; then drain, pull out nails and rub dark skin from legs. Cover again with boiling salted water and cook, covered, $\frac{1}{2}$ to $\frac{3}{4}$ hour, or until legs are tender. Prepare meat as for turtle, saving the small intestines.

TURTLE À LA KING

6 hard-cooked eggs	dash of pepper
2 tablespoons butter	dash of allspice
2 cups light cream	dash of nutmeg
$\frac{1}{2}$ teaspoon salt	2 cups chopped, cooked turtle meat

Remove egg yolks from whites and force yolks through sieve; then cream yolks with butter. Scald cream over hot water, add seasonings and beat in egg yolk-butter mixture. Add turtle, cover and cook 10 minutes, or until thoroughly heated. Serve very hot in individual metal saucepans; garnish with white of eggs. Yield: 6 portions.

TERRAPIN WITH MUSHROOMS

2 cups chopped, cooked terrapin	$\frac{1}{2}$ pound mushrooms, peeled
2 cups Medium White Sauce	and chopped
(page 91)	2 tablespoons white wine
	6 slices toast

Combine terrapin, white sauce and mushrooms; cook 10 minutes. Add wine and serve at once on toast. Yield: 6 portions.

Meat, Fish and Vegetable Sauces

THE preparation of sauces was considered truly an art in the Middle Ages. A *saucier* or master of sauces presided over that department of the menu. But diligence and practice rather than a title make a perfect sauce—perfection that comes with the mastery of simple sauces before attempting the more complex.

There are several types of sauces, each with its variations. Know how to make the foundation sauce and the variations are comparatively easy to achieve. These basic sauces include Foundation White and Cream Sauces, Brown Sauce, Velouté, Béchamel, Tomato, Drawn Butter and Hollandaise Sauces, and the Savory Butters which might be termed “hard sauces.” Many others can be classified as sharp, savory, sweet, fruit and wine sauces.

Foundation or Medium White Sauce is made from milk thickened with a roux or paste of flour and fat or flour and liquid. Cream Sauce substitutes cream for milk in the same recipe. Brown Sauce has a plain-spoken name but a controversial background and origin. In France it is called Sauce Espagnole on the theory that as Spanish sauce, or Sauce Español, it originated in Spain. Yet many famous chefs, including Brillat-Savarin, have claimed that the Italians invented it. It should be remembered that flour loses about one-half of its thickening power when browned. Velouté Sauce, sometimes called “Sauce Allemand,” is



made with chicken, veal, fish or vegetable stock, alone or with part cream or milk. Béchamel Sauce is noted for its "just right" blending of vegetables and seasonings in a light stock and cream base. Similarly, most sauces achieve distinction, through chance or by design, because of the happy association of ingredients skillfully blended. 375

Making of Sauces. The smooth consistency of a sauce starts with the proper blending of the flour with the liquid. In most sauces, flour, plain or browned, is mixed with fat into a roux, or with cold liquid into a paste. The hot or cold liquid is added slowly to the roux and cooked, with constant stirring, until the sauce is smooth and thickened; or the paste is added to the hot liquid and cooked with constant stirring until thickened. When the sauce is made in advance, it should be placed over hot water and covered to prevent a skin from forming over top. If it becomes too thick, additional liquid can be added.

Other substances besides flour, such as cornstarch or rice flour, can be used to thicken sauces; their relative thickening powers are given in Table X (page 47). Recipes that call for meat stock can be made with bouillon cubes and water or with canned soups for part or all of the stock.

Sauces high in butter and eggs, such as Hollandaise, require careful technique to be made without separating. The recipes should be followed exactly. If the sauce separates, small bits of ice, or a little cold water, drop by drop, may be added to bring the sauce back to a smooth, velvety consistency. Sauces of the Hollandaise type do not keep well on standing and should be served at once.

Wine sauces should be made with infinite care to retain as much of the fine flavor and bouquet of the wine as possible. Boiling and prolonged heating dissipate the flavor of the wine, hence the sauce should never be allowed to boil or stand for long after the wine is added.

- 376 Suggestions for serving sauces with the appropriate meat, fish or vegetables are included in many of the recipes. Usually very little sauce is needed to supplement the food, for the sauce is the accompaniment; the food, the theme. The right sauce not only enhances a food but becomes an integral part of the dish.

FOUNDATION WHITE SAUCE

2 tablespoons butter	1 cup milk
2 tablespoons flour	$\frac{1}{2}$ teaspoon salt
	$\frac{1}{8}$ teaspoon pepper

Melt butter and stir in flour; gradually stir in milk, and stir until mixture boils and thickens, then cook about 3 minutes longer, stirring occasionally; add seasonings. Place over hot water to keep hot and cover tightly to prevent crust from forming. Use for sauces, creamed or scalloped vegetables, fish or meat. For other methods of combining white sauce, see page 91. Approximate yield: 1 cup sauce.

MODIFICATIONS OF WHITE SAUCE

Parsley Sauce—Add 2 to 4 tablespoons chopped parsley.

Egg Sauce—Add 2 diced, hard-cooked eggs; add additional salt, if desired. Serve with boiled fish. Approximate yield: $1\frac{1}{2}$ cups sauce.

Green Pea Sauce—Add 1 tablespoon chopped pimiento and $\frac{1}{2}$ cup cooked or canned peas. Serve with salmon loaf or omelet. Approximate yield: $1\frac{1}{2}$ cups sauce.

Pimiento-Parsley Sauce—Add $\frac{1}{2}$ cup diced pimiento and 2 to 4 tablespoons chopped parsley. Serve with boiled fish or egg dishes. Approximate yield: $1\frac{1}{2}$ cups sauce.

Celery Sauce—Substitute $\frac{1}{2}$ cup celery water and 1 chicken bouillon cube for $\frac{1}{2}$ cup milk. Add 1 cup diced, cooked celery and 2 tablespoons chopped parsley. Three tablespoons whipped cream may be added to sauce if desired. Approximate yield: 2 cups sauce.

Horseradish Sauce—Add $\frac{1}{4}$ cup grated horseradish, drained, and $\frac{1}{8}$ to $\frac{1}{4}$ teaspoon dry mustard, if desired. Serve with boiled beef, corned beef, or ham. Approximate yield: $1\frac{1}{4}$ cups sauce.

[WHITE SAUCE] SAUCES

Mustard Sauce—Add 2 teaspoons prepared mustard. Serve with 377
broiled fillet of haddock.

Cheese Sauce—Add $\frac{1}{2}$ to 1 cup grated American cheese and a dash of paprika; stir over low heat until cheese is melted. Serve with rice, macaroni, fish or eggs. Approximate yield: $1\frac{1}{2}$ cups sauce.

Worcestershire Cheese Sauce—Add $\frac{1}{4}$ cup grated American cheese and $1\frac{1}{2}$ teaspoons Worcestershire sauce; cook over low heat until cheese is melted.

Golden Malaga Sauce—Add 1 egg yolk and cook 2 minutes; then add $\frac{1}{2}$ cup peeled white grapes, seeded and cut. Serve with broiled fish fillets or boiled white fish. Approximate yield: $1\frac{1}{2}$ cups sauce.

Sauce Alexandra—Add $\frac{3}{4}$ cup cooked asparagus cut in small pieces. Serve with green pea timbales or cheese soufflé. Yield: $1\frac{3}{4}$ cups sauce.

Shrimp Sauce—Add $\frac{1}{2}$ to 1 cup canned or cooked shrimps, cut in small pieces. Serve with omelet or boiled fish. One tablespoon white wine may be added, if desired. Approximate yield: $1\frac{3}{4}$ cups sauce.

Oyster Sauce—Simmer $\frac{1}{2}$ cup small oysters in the oyster liquor 3 minutes, or until edges begin to curl; add to hot sauce and serve at once. Serve with omelets or fish timbales. Yield: $1\frac{1}{2}$ cups sauce.

OLIVE SAUCE

Prepare $1\frac{1}{2}$ cups White Sauce (page 376); add mixture of 1 egg, slightly beaten, and $\frac{1}{4}$ cup light cream, and cook over hot water 2 minutes, stirring constantly. Add $\frac{1}{3}$ cup chopped ripe olives. Serve with sweetbread cutlets, tongue or boiled beef. Yield: 2 cups sauce.

TURKEY-MUSHROOM SAUCE

2 tablespoons butter	1½ cups diced, cooked turkey
3 tablespoons flour	4 hard-cooked eggs, sliced
1 can (No. 1) cream of mushroom soup	salt and pepper

Melt butter in saucepan and stir in flour; add mushroom soup and stir until thickened. Add turkey and eggs, and season to taste. Serve over slices of Turkey Loaf (page 315). Left-over chicken, goose or duck may be substituted for turkey. Yield: 3 cups sauce.

SAUCES [CREAM SAUCE]

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CREAM SAUCE

Substitute light cream for milk in White Sauce (page 376). Serve with baked or boiled fish, meat loaves, croquettes, etc. Approximate yield: 1 cup sauce.

MODIFICATIONS OF CREAM SAUCE

Savory Cream Sauce—Add 1 teaspoon each chopped onion, parsley, pimienta and celery. Serve with pork or lamb.

Cream Horseradish Sauce—Add $\frac{1}{2}$ cup drained, grated horseradish and a dash of cayenne. Serve with pot roast, ham, lamb or venison. Approximate yield: $1\frac{1}{2}$ cups sauce.

Cream Caper Sauce—Add 2 to 4 tablespoons chopped capers and additional salt to taste. Serve with fish.

Russian Cream Sauce—Add $\frac{1}{2}$ cup diced American cheese, $\frac{3}{4}$ cup chopped, stuffed olives, 2 teaspoons Worcestershire sauce, 3 tablespoons chili sauce and a dash of tabasco. Serve very hot on flaked crabmeat or veal cutlet. Approximate yield: 2 cups sauce.

Yellow Cream Sauce—Add 1 slightly beaten egg yolk to $\frac{1}{4}$ cup light cream; stir into cream sauce. Approximate yield: $1\frac{1}{3}$ cups sauce.

Mushroom Cream Sauce—Add $\frac{1}{3}$ cup chopped or sliced, cooked mushrooms. Approximate yield: $1\frac{1}{3}$ cups sauce.

Pineapple Cream Sauce—Add $\frac{1}{4}$ cup cream and $\frac{1}{2}$ cup drained, crushed pineapple. Serve with fish. Yield: $1\frac{3}{4}$ cups sauce.

Cream Gravy—Substitute 2 tablespoons meat drippings for butter. Serve with broiled ham or pork tenderloin.

BROWN SAUCE

2 tablespoons butter or fat	1 cup beef stock
3 tablespoons flour	$\frac{1}{2}$ teaspoon salt
	dash of pepper

Melt butter, stir in flour and cook until browned, stirring constantly; gradually add stock, stirring until mixture boils and thickens, then cook about 3 minutes longer, stirring occasionally; add seasoning. Canned beef bouillon or 1 cup water and 1 beef bouillon cube or 2 teaspoons beef extract may be substituted for beef stock, if desired. Approximate yield: 1 cup sauce.

MODIFICATIONS OF BROWN SAUCE

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(Use recipe on page 378)

Pan Gravy—Substitute drippings for butter and use water or stock. Add 1 to 2 tablespoons sour cream if desired and use milk for part of liquid.

Mushroom Sauce—Sauté 1 dozen medium-sized mushrooms or $\frac{1}{2}$ cup whole button mushrooms in butter before flour is added; add few drops Worcestershire sauce.

Savory Mustard Sauce—Add 2 tablespoons prepared horseradish and 2 tablespoons prepared mustard.

Mexican Sauce—Add $\frac{1}{2}$ teaspoon kitchen bouquet, $\frac{1}{2}$ cup tomato ketchup, 1 tablespoon each minced onion and green pepper sautéed lightly in butter; season to taste with salt, paprika and celery salt. Serve with fish, meat or omelets. Yield: $1\frac{1}{2}$ cups sauce.

Sour Sauce—Add 2 tablespoons chopped cucumber pickles or cucumber relish. Serve with meat or fish.

Piquant Sauce—Simmer for 5 minutes $\frac{1}{2}$ tablespoon each minced onion and chopped capers, 2 tablespoons vinegar, $\frac{1}{2}$ teaspoon sugar, dash each of salt and paprika. Add to sauce; then add 2 tablespoons thick chili sauce or chopped sweet pickle. Serve hot with tongue, beef, veal or fish. Approximate yield: $1\frac{1}{2}$ cups sauce.

Bordelaise Sauce—Add $\frac{1}{2}$ cup Tomato Sauce (page 382), 1 tablespoon sherry wine and 3 or 4 slices meat marrow. Heat thoroughly. Serve with steak. Approximate yield: $1\frac{1}{2}$ cups sauce.

HAISEH SAUCE

2 tablespoons minced, uncooked ham	2 tablespoons butter
2 tablespoons minced carrot	2 tablespoons flour
2 tablespoons minced onion	2 cups stock
2 tablespoons minced celery	$\frac{1}{2}$ teaspoon salt
	5 whole peppercorns
	1 herb bouquet

Cook slowly ham, carrots, onion and celery in butter for 5 minutes; blend in flour and cook 3 minutes. Add soup stock gradually, stirring constantly; add salt, peppercorn and the bouquet, and simmer 10 minutes; strain. Serve with beef. Yield: $1\frac{2}{3}$ cups sauce.

SAUCES [VELOUTÉ SAUCE]



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VELOUTÉ SAUCE

2 tablespoons butter	1 cup chicken or veal stock
2 tablespoons flour	$\frac{1}{4}$ teaspoon salt
	dash of white pepper

Melt butter and stir in flour; gradually stir in stock and stir until mixture boils and thickens, then cook about 3 minutes longer, stirring occasionally; add seasonings. Serve with croquettes, baked or broiled fish. Approximate yield: 1 cup sauce.

MODIFICATIONS OF VELOUTÉ SAUCE

Soubise Sauce—Cook 2 cups sliced white onions in boiling water 5 minutes, drain, and again cook in boiling water about 15 minutes, or until soft; drain and force through sieve. Add pulp to sauce; then stir in $\frac{1}{2}$ cup light cream and heat thoroughly. Serve with pork or mutton dishes, veal chops or hard-cooked eggs. Approximate yield: 2 cups sauce.

Allemande Sauce—Add 1 egg yolk, well beaten, 1 tablespoon mushroom liquor, 1 teaspoon lemon juice and 3 tablespoons grated Parmesan cheese. Serve at once with chicken or ham patties, croquettes, fish or meat loaves. Approximate yield: $1\frac{1}{4}$ cups sauce.

Parsley-Caper Sauce—Add $\frac{1}{4}$ teaspoon paprika and 1 teaspoon capers. Serve with vegetables.

OLIVERA SAUCE

12 mushrooms, sliced	$1\frac{1}{3}$ cups stock
3 tablespoons butter	$\frac{1}{2}$ cup shrimps
2 tablespoons flour	$\frac{1}{4}$ teaspoon Worcestershire sauce
	salt and pepper

Sauté mushrooms in butter; when browned, remove and stir flour into butter; gradually add stock and cook about 5 minutes, stirring until smooth and thickened. Add mushrooms, shrimps and Worcestershire sauce, and season to taste. One-third cup sweet cooking wine may be added, if desired. Ready prepared beef or vegetable bouillon, or bouillon cubes and water may be used for stock. Yield: 2 cups sauce.

BÉCHAMEL SAUCE

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1 slice onion	1 cup chicken stock
1 slice carrot	2 tablespoons flour
½ bay leaf	2 tablespoons butter
sprig of parsley	½ cup light cream
6 peppercorns	½ teaspoon salt
	½ teaspoon pepper

Add onion, carrot, bay leaf, parsley and peppercorns to chicken stock and simmer 20 minutes; strain, and, if necessary, add water to make ½ cup. Stir flour into melted butter, then add hot stock and cream gradually, and cook 5 minutes, or until thick and smooth, stirring constantly; add seasonings. Serve on chicken timbales, croquettes, mousse, or fried chicken. Approximate yield: 1 cup sauce.

MODIFICATIONS OF BÉCHAMEL SAUCE

(Use recipe above)

Yellow Béchamel Sauce—Stir slightly beaten egg yolk into sauce. Serve with ham or veal loaves or patties.

Béchamel Mayonnaise—Add 1 cup mayonnaise to hot sauce and serve at once with fish. Approximate yield: 2 cups sauce.

Sauce Morney—Add 2 tablespoons grated Parmesan or Gruyère cheese. Serve with fish.

Ravigotte Sauce—Add 1 teaspoon each chopped chives, parsley, tarragon, shallots and 1 tablespoon tarragon vinegar. Serve with boiled fowl.

Olive-Almond Sauce—Add ½ cup blanched, shredded almonds, 8 olives, stoned and cut in quarters, ½ tablespoon lemon juice and a dash of cayenne. Serve with boiled or baked fish or with chicken entrées. Approximate yield: 1½ cups sauce.

Normandy Sauce—Substitute fish stock or Court Bouillon (page 335) for chicken stock; stir 1 slightly beaten egg yolk into sauce, add 1 tablespoon lemon juice and a dash of cayenne. Serve with fish mousse, timbales or soufflé.

SAUCES [TOMATO SAUCE]



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TOMATO SAUCE

1 can (No. 2) tomatoes	1 onion, sliced
$\frac{1}{2}$ teaspoon salt	2 tablespoons butter
$\frac{1}{4}$ teaspoon pepper	2 tablespoons flour

Cook tomatoes with seasonings and onion 10 minutes; force through sieve—there should be 1 cup. Melt butter and stir in flour; gradually stir in strained tomato and stir until mixture boils and thickens, then cook about 3 minutes longer, stirring occasionally. Use with vegetables, meat loaves or fish. Four medium-sized fresh tomatoes and $\frac{1}{2}$ cup water, cooked and strained, or 1 cup tomato juice may be substituted for canned tomatoes. Approximate yield: 1 cup sauce.

MODIFICATIONS OF TOMATO SAUCE

Tomato Sherry Sauce—Add $\frac{1}{4}$ cup sherry. Yield: $1\frac{1}{4}$ cups sauce.

Tomato-Cheese Sauce—Add $\frac{1}{2}$ cup grated cheese and 1 teaspoon prepared mustard; cook until cheese is melted.

SAUCE MEXICANA

$\frac{1}{2}$ cup canned tomatoes	$\frac{1}{2}$ teaspoon salt
$\frac{1}{4}$ cup chili sauce	dash of pepper
2 tablespoons grated horseradish	$\frac{1}{2}$ teaspoon curry powder
$\frac{1}{4}$ cup vinegar	2 tablespoons chopped parsley
1 tablespoon prepared mustard	$\frac{1}{2}$ teaspoon onion juice

Place all ingredients in saucepan and cook slowly until thickened; strain and cool. This sauce may be kept in refrigerator for a week. When ready to use, mix with tart mayonnaise dressing—1 part sauce to 2 parts mayonnaise. Serve with fish, fried oysters and cold meats. Approximate yield: $\frac{3}{4}$ cup sauce.

SPANISH SAUCE

1 tablespoon chopped onion	2 cups stewed tomatoes
1 tablespoon chopped green pepper	$\frac{1}{2}$ teaspoon salt
2 tablespoons fat	dash of pepper

Cook slowly onions and green pepper in fat about 5 minutes; add tomatoes, salt and pepper, and simmer until sauce is thick. Approximate yield: $1\frac{1}{2}$ cups sauce.

CREOLE SAUCE

2 tablespoons chopped onion	salt and pepper
4 tablespoons minced green pepper	2 tomatoes or ½ cup canned tomatoes
2 tablespoons butter	¼ cup sliced mushrooms
3 tablespoons flour	1 cup bouillon

Sauté onion and pepper in butter 5 minutes; add flour and seasonings and stir until browned; add tomatoes and mushrooms gradually and cook 2 minutes; then add bouillon and heat to boiling. Serve with omelets, spaghetti and fish. Approximate yield: 2 cups sauce.

FRONTIER SAUCE

3 tablespoons flour	dash of tabasco
2 tablespoons butter	¾ cup tomato juice
½ teaspoon salt	¼ cup liquid drained from stewed or canned mushrooms
½ teaspoon paprika	
2 tablespoons heavy cream	

Stir flour into melted butter; add seasonings and tabasco, then add tomato juice and mushroom liquor gradually and cook 5 minutes, stirring constantly until smooth and thick. Add cream and blend. Serve on macaroni or spaghetti. Approximate yield: 1¼ cups sauce.

QUICK TOMATO SAUCE

1 can (No. 1) condensed tomato soup	⅛ teaspoon salt
	dash of pepper
½ teaspoon Worcestershire sauce	¼ teaspoon sugar

Combine ingredients and heat to boiling point. Yield: 1¼ cups.

DRAWN BUTTER SAUCE

4 tablespoons flour	2 cups boiling water
⅓ cup butter	¼ teaspoon salt

Stir flour into 4 tablespoons melted butter, add water gradually and cook 5 minutes, or until thick and smooth, stirring constantly. When ready to serve, add salt and remaining butter, beating well. Serve with green vegetables, fried or broiled fish, or shellfish. Yield: 2 cups

BUTTER AND LEMON SAUCE

Melt ¼ cup butter, add 1½ tablespoons lemon juice and serve over cooked broccoli, lamb chops or fish. Approximate yield: ⅓ cup sauce.

MODIFICATIONS OF DRAWN BUTTER SAUCE

(Use recipe on page 383)

Anchovy Drawn Butter—Season to taste with anchovy paste.**Caper Drawn Butter**—Add $\frac{1}{3}$ cup capers.**Drawn Butter with Egg**—Add 2 hard-cooked eggs, sliced.**Maître d'Hôtel Sauce**—Add 1 tablespoon lemon juice and 1 tablespoon chopped parsley; add slowly to 2 egg yolks, slightly beaten, mixing well. Season to taste with salt and pepper. Serve with shellfish.

BLACK BUTTER

 $\frac{1}{3}$ cup butter1 teaspoon lemon juice or vinegar
salt and pepperHeat butter until well browned, or use browned fat in which meat or fish is fried; add lemon juice and seasonings. Serve with fried fish or meat. Approximate yield: $\frac{1}{3}$ cup sauce.

ALMOND BUTTER

Sauté $\frac{1}{4}$ cup shredded blanched almonds in $\frac{1}{4}$ cup butter until delicately browned, stirring constantly. Serve with fish. Approximate yield: $\frac{1}{3}$ cup sauce.

CRUMB SAUCE

 $\frac{1}{2}$ cup melted butter

1 teaspoon minced chives

5 tablespoons dry bread crumbs

salt and pepper

Mix butter, bread crumbs and chives; season to taste with salt and pepper. Sauté until browned and serve hot with asparagus, baked onion, or cauliflower. Approximate yield: $\frac{3}{4}$ cup sauce.

MAÎTRE D'HÔTEL BUTTER

 $\frac{1}{4}$ cup butter $\frac{1}{2}$ teaspoon salt

2 teaspoons minced parsley

dash of pepper

 $1\frac{1}{2}$ tablespoons lemon juiceCream butter until soft; add parsley, seasonings and lemon juice, beating until fluffy. Spread on broiled steak, chicken or fish just before serving. For lemon butter, omit parsley. Yield: $\frac{1}{3}$ cup sauce.

SAVORY BUTTERS

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(Use recipe for Maître d'Hôtel Butter, page 384)

Shrimp Butter—Omit parsley and lemon juice; add $\frac{1}{4}$ cup minced shrimp. Approximate yield: $\frac{1}{2}$ cup sauce.

Lobster Coral Butter—Omit parsley and lemon juice; add 1 lobster coral rubbed to a paste. Approximate yield: $\frac{1}{3}$ cup sauce.

Anchovy-Roquefort Butter—Use $\frac{1}{4}$ cup butter, 1 teaspoon each vinegar, anchovy paste and prepared mustard, and 2 teaspoons Roquefort cheese. Serve with broiled fish. Approximate yield: $\frac{1}{3}$ cup sauce.

For additional butters for meats and fish, see section on Appetizers (pages 164 and 165).

HOLLANDAISE SAUCE

¾ cup butter	3 egg yolks, well beaten
1½ tablespoons lemon juice	dash of salt
	dash of cayenne

Divide butter into 3 pieces; put 1 piece in top of small double boiler, add lemon juice and egg yolks. Place over hot water (not boiling) and cook slowly, beating constantly with wire whisk. When butter is melted, add second piece of butter and, as mixture thickens, add the third piece and cook until thickened, stirring constantly. Remove immediately from water, add salt and cayenne, and serve at once. Serve with vegetables, fish and shellfish. If sauce has a tendency to curdle, add hot water by the teaspoon, stirring vigorously. Approximate yield: $\frac{3}{4}$ cup sauce.

MODIFICATIONS OF HOLLANDAISE SAUCE

Hollandaise Sauce with Water—Slowly stir in $\frac{1}{2}$ cup boiling water after the last addition of butter and cook 1 minute, stirring constantly.

Cucumber Hollandaise—Add 1½ cups drained, chopped cucumber. Serve with fish and shellfish.

Béarnaise Sauce—Add 1 teaspoon onion juice, 1 teaspoon each chopped tarragon and parsley, and 1 tablespoon tarragon vinegar. Serve with baked or broiled or boiled fish.

Mousseline Chutney Sauce—Add $\frac{1}{2}$ cup heavy cream, whipped, and 1 tablespoon finely cut chutney. Serve with Asiatic Supper Plate (page 425). Approximate yield: 1¼ cups sauce.

MOCK HOLLANDAISE

2 tablespoons flour	¼ teaspoon salt
¼ cup butter	¼ teaspoon paprika
1 cup chicken bouillon	2 egg yolks, slightly beaten
1 tablespoon lemon juice	

Stir flour into 2 tablespoons melted butter; add bouillon gradually, and cook 5 minutes, stirring constantly, until mixture is smooth and thick; add salt and paprika. Mix 2 tablespoons of hot sauce into egg yolks; then add this to remaining sauce and blend. Stir in lemon juice and remaining 2 tablespoons butter, and cook over very low heat 1 minute. Do not boil. Substitute for Hollandaise Sauce with cooked green vegetables, fish or sweetbreads. Yield: 1½ cups.

SAVORY CIDER SAUCE

1 slice onion, minced	2 tablespoons flour
1 tablespoon chopped green pepper	1 cup cider
2 tablespoons pork fat	1 to 2 teaspoons mustard relish
6 drops kitchen bouquet	

Sauté onion and green pepper in fat until slightly browned, then remove and add flour, cooking until browned. Stir in cider gradually and cook 5 minutes, stirring constantly until smooth and creamy. Add relish; color with kitchen bouquet, if desired. Serve with boiled, baked or grilled ham, or baked eggs. Approximate yield: 1 cup sauce.

TRUFFLE AND CIDER SAUCE

Substitute 1 tablespoon sliced truffles for mustard relish in recipe for Savory Cider Sauce.

VINEGAR SAUCE

1 cup vinegar	½ bay leaf
1 tablespoon brown sugar	1 stick (½ inch) cinnamon
2 whole cloves	2 whole allspice
1 blade mace	¼ teaspoon salt
dash of paprika	

Simmer vinegar, sugar, spices and seasonings 8 minutes; strain. Serve hot or cold with pigs' feet. Approximate yield: ¾ cup sauce.

FLUFFY MUSTARD SAUCE

¼ cup firmly packed brown sugar	½ cup vinegar
2 tablespoons dry mustard	½ cup consommé
3 eggs, separated	½ teaspoon salt
dash of pepper	

Mix sugar, mustard and beaten egg yolks in top of small double boiler; add vinegar and consommé, and heat thoroughly; add seasonings. Fold into stiffly beaten egg whites and continue cooking about 5 minutes. Serve with ham, beef or fish. Approximate yield: 6 portions.

BARBECUE SAUCE

½ cup butter	¼ teaspoon chili powder
1½ cups hot water	1 teaspoon sugar
2 tablespoons vinegar	2 teaspoons prepared mustard
¼ teaspoon salt	¼ teaspoon Worcestershire sauce
dash of black pepper	few drops tabasco
dash of red pepper	1 teaspoon chopped onion
¼ teaspoon paprika	clove of garlic

Mix ingredients and heat to boiling point; remove garlic. Dip meats in sauce before broiling or roasting, or use to baste during roasting. Approximate yield: 2 cups sauce.

HOT SAVORY SAUCE

½ cup ketchup	¼ cup Worcestershire sauce
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Combine ingredients and heat to boiling. Serve with corned beef hash, meat croquettes, steak or pot roast. Yield: ¾ cup sauce.

MINT SAUCE

½ cup vinegar	¼ cup lemon juice
1½ cups water	2 tablespoons sugar
½ cup chopped fresh mint	½ teaspoon salt

Simmer vinegar, 1 cup of water and ¼ cup of mint until reduced to ½ of original quantity; remove from heat and strain through a fine strainer. Add remaining water, lemon juice, sugar and salt; chill thoroughly, then add remaining mint leaves. Serve with lamb. Approximate yield: 1½ cups sauce.

1/2 cup orange juice

½ cup minced mint leaves

Break jelly into small pieces with fork; add orange juice and mint leaves and let stand 1 hour in refrigerator before serving. Serve with chicken, duck, game, lamb or veal. Yield: 1½ cups sauce.

ORANGE JUICE SAUCE

1 cup orange juice

1/8 teaspoon salt

1/2 teaspoon grated orange rind

1 tablespoon brown sugar

Stir flour into melted butter; gradually add water and orange juice, and cook 5 minutes, stirring until thickened; season with salt, orange rind and sugar. Serve with game or fowl. Yield: 1½ cups sauce.

RAISIN SAUCE

1¾ cups boiling water

1/4 cup vinegar

1/4 cup seedless raisins

1 tablespoon butter

Mix dry ingredients, add water and vinegar gradually, stirring well; simmer slowly 10 minutes. Add raisins and cook 2 minutes, or until raisins are plump; add butter. Serve hot with ham or tongue. Approximate yield: 2 cups sauce.

GINGERSNAP SAUCE

1 cup hot water

1/4 cup vinegar

1 lemon, thinly sliced

Mix ingredients, bring to a boil and simmer about 15 minutes, or until lemon slices are transparent, stirring frequently; serve hot as a meat sauce. Approximate yield: 1¼ cups sauce.

TARTAR SAUCE

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| 1 tablespoon chopped capers | 1 tablespoon chopped parsley |
| 1 tablespoon chopped olives | 1 tablespoon chopped pickles |
| 1 cup mayonnaise | |

Combine ingredients just before serving. Serve with fish, hot or cold, or as dressing for fish salads. Yield: $1\frac{1}{4}$ cups sauce.

CAPER SAUCE

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| 1 teaspoon dry mustard | 1 small red pepper, minced |
| 1 teaspoon sugar | 1 teaspoon onion juice |
| 1 teaspoon salt | 1 tablespoon chopped capers |
| 2 egg yolks | 1 tablespoon chopped cucumber |
| 3 tablespoons lemon juice | pickles |
| $\frac{1}{2}$ cup salad oil | |

Add mustard, sugar and salt to egg yolks; beat thoroughly. Add lemon juice and beat again, then add the oil gradually, drop by drop at first. The mixture should be thick and creamy. Just before serving, add remaining ingredients. Approximate yield: 1 cup sauce.

VINAIGRETTE SAUCE

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| ½ cup French Dressing (page 530) | 1 teaspoon chopped capers |
| 1 tablespoon chopped green peppers | 1 tablespoon chopped cucumber |
| 1 teaspoon chopped chives | pickles |
| 1 teaspoon chopped parsley | |

Combine ingredients in order given; stir vigorously before serving. Serve with beef and lamb. Approximate yield: $\frac{2}{3}$ cup sauce.

FLUFFY HORSERADISH SAUCE

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| ½ cup heavy cream, sweet or sour | ½ teaspoon salt |
| 4 to 6 tablespoons prepared horseradish | dash of pepper |

Whip cream until stiff; fold in horseradish and seasonings. Serve with baked ham, roast or boiled beef, or fish. One tablespoon chopped blanched almonds may be added, if desired. Yield: $\frac{3}{4}$ cup sauce.

SAUCES [[MISCELLANEOUS]]

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FLUFFY CUCUMBER SAUCE

$\frac{1}{2}$ cup heavy cream, sweet or sour $\frac{1}{2}$ teaspoon salt
 1 medium-sized cucumber, chopped 1 tablespoon vinegar
 and drained

Whip cream until stiff; fold in cucumber, salt and vinegar. Serve with cold meats and fish. Approximate yield: $1\frac{3}{4}$ cups sauce.

SOUR CREAM SAUCE

1 cup thick sour cream 1 teaspoon salt
 2 tablespoons vinegar $\frac{1}{4}$ teaspoon paprika
 1 tablespoon sugar 1 teaspoon dry mustard

Whip cream until it reaches the consistency of soft custard. Mix together vinegar, sugar, and seasonings; add gradually to cream, beating lightly. Serve with cold tongue or tenderloin. Approximate yield: $1\frac{1}{2}$ cups sauce.

CUCUMBER SAUCE

1 teaspoon salt 1 teaspoon minced onion
 $\frac{1}{4}$ teaspoon dry mustard 1 cup evaporated milk
 3 tablespoons vinegar 2 teaspoons minced parsley
 $\frac{1}{2}$ cup finely diced cucumber

Mix salt, mustard, vinegar and onion, and stir slowly into milk. Just before serving, add parsley and cucumber. Serve with fish, hot or cold, or corned beef. Approximate yield: $1\frac{1}{2}$ cups sauce.

SAUCE POULETTE

1 tablespoon chopped onion 1 cup chicken stock
 1 teaspoon chopped shallots $\frac{1}{4}$ cup light cream
 1 cup sliced mushrooms salt
 3 tablespoons butter $\frac{1}{2}$ cup sherry
 3 tablespoons flour 1 teaspoon lemon juice

Sauté vegetables in butter about 5 minutes, stirring constantly; stir in flour, add stock and cream gradually, and cook 5 minutes, stirring until thickened. Season to taste, add sherry and lemon juice, bring to a boil and serve at once with broiled chicken, game, fish, or veal cutlets. Approximate yield: 2 cups sauce.

WHITE WINE SAUCE

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3 tablespoons flour	$\frac{1}{4}$ cup white wine
3 tablespoons butter	1 cup milk
$\frac{3}{4}$ cup water	$\frac{1}{4}$ teaspoon salt
1 tablespoon sherry	

Stir flour into melted butter, add water, wine and milk gradually, and cook 5 minutes, stirring constantly until mixture is smooth and thickened; add salt and sherry. A dash of cayenne may be added, if desired. Serve with fish. Approximate yield: 2 cups sauce.

ANCHOVY SAUCE

2 teaspoons anchovy paste	1 cup melted butter
$\frac{1}{3}$ cup dry sherry	

Dissolve anchovy paste in melted butter, gradually stir in sherry. Heat to boiling point and simmer 5 minutes, or until sauce thickens slightly, stirring vigorously. Serve with cold halibut, panned oysters, veal or pork chops, boiled or baked chicken. Yield: $1\frac{1}{3}$ cups sauce.

TIREAU SAUCE

1 cup port or Bordeaux wine	6 whole cloves
1 stick cinnamon	$\frac{1}{4}$ cup firmly packed brown sugar
6 almonds, blanched and pounded to a paste	rind of 1 lemon, pared very thin
	1 cup currant jelly

Combine wine, cinnamon, almonds, cloves, sugar and lemon rind, simmer 15 minutes; strain. Add currant jelly and heat to boiling point, stirring constantly. Serve with lamb, mutton or venison. Approximate yield: 2 cups sauce.

JELLY WINE SAUCE

2 tablespoons butter, melted	$\frac{1}{4}$ cup currant jelly
2 tablespoons flour	$\frac{1}{4}$ cup port wine
1 cup water	2 teaspoons lemon juice
$\frac{1}{2}$ teaspoon salt	4 maraschino cherries, chopped

Mix butter and flour until smooth, add water gradually and cook 4 minutes, stirring until thickened. Add remaining ingredients and cook 1 minute, stirring constantly. Serve with venison and other game. Approximate yield: $1\frac{1}{2}$ cups sauce.

MADEIRA-SCALLION SAUCE

1 dozen scallions, finely chopped	¼ teaspoon salt
3 tablespoons butter	dash of pepper
2 tablespoons flour	2 teaspoons ketchup
¾ cup hot water	1 teaspoon minced parsley
3 tablespoons Madeira	

Sauté scallions in butter about 5 minutes, add flour and brown slightly, stirring constantly; gradually add water and cook 5 minutes, stirring until thickened. Add seasonings, ketchup, parsley, and Madeira, bring to a boil and serve at once with veal or other meat dishes. Approximate yield: 1½ cups sauce.

SAUCE BRETONNE

2 medium-sized onions, sliced	½ teaspoon chili powder
1 tablespoon butter	½ teaspoon salt
¾ cup wine	⅛ teaspoon pepper
2 cups canned tomato sauce	dash of cayenne

Sauté onions in butter until browned. Add wine, cover and simmer until wine is half gone. Add tomato sauce and seasonings, blend well and simmer 7 minutes. Serve with baked or broiled fish. Approximate yield: 2 cups sauce.

SAUCE INTRIGANT

2 tablespoons minced onion	2 cups white wine
2 tablespoons minced, uncooked ham	½ cup fish stock
	1 tablespoon butter
2 tablespoons finely chopped mushrooms	1 tablespoon flour
	2 cups meat stock
6 peppercorns	¼ teaspoon salt
1 herb bouquet	1 tablespoon anchovy paste

Combine onion, ham, mushrooms, peppercorns, the bouquet, white wine and fish stock; cook over low heat until reduced to ⅓ the original volume; strain. Melt butter, blend in flour and cook 3 minutes, then add meat stock and salt, and simmer 10 minutes. Stir in strained mixture, boil 2 minutes and add anchovy paste. Serve with baked or boiled fish. Approximate yield: 2 cups sauce.

CREAMY EGG SAUCE

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4 hard-cooked egg yolks	½ cup butter, creamed
¼ teaspoon salt	2 tablespoons heavy cream
¼ teaspoon paprika	2 teaspoons lemon juice

Rub egg yolks to a paste; add salt and paprika; gradually work in creamed butter, cream and lemon juice. Spread over hot asparagus or cauliflower. Approximate yield: 1 cup sauce.

SAUCE CHASSEUR

1 cup finely cut mushrooms	1 cup bouillon
1 tablespoon olive oil	1 tablespoon tomato paste
2 shallots, chopped	¼ cup butter
½ cup white wine (Rhine wine or Sauternes)	1 teaspoon chopped parsley
	1 teaspoon chopped tarragon

Sauté mushrooms in oil until browned; add shallots and cook 2 minutes. Stir in wine and bouillon; then add tomato paste and mix thoroughly. Blend in butter; add parsley and tarragon. Serve at once with baked or broiled fish. Approximate yield: 2½ cups sauce.

SAUCE À LA SCHONBERG

1 tablespoon flour	1 small bay leaf
2 tablespoons butter	1 whole clove
½ teaspoon salt	½ teaspoon minced parsley
⅛ teaspoon pepper	1 teaspoon Cognac
2 scallions, finely minced	2 tablespoons white wine
2 cups chicken broth	⅓ cup canned mushrooms
3 tablespoons tomato juice	yolk of 1 egg, beaten
	½ cup heavy cream

Stir flour into 1 tablespoon melted butter; cook 2 minutes, or until lightly browned. Add seasonings and scallions, chicken broth and tomato juice, bay leaf, clove and parsley, and simmer 10 minutes, stirring occasionally. Strain and add Cognac, wine and mushrooms sautéed in remaining tablespoon butter. Combine egg yolk and cream; stir into hot sauce and heat thoroughly. Serve with halibut, sea bass, flounder and sole, chicken breasts and white-fleshed game birds. Approximate yield: 2 cups sauce.

Stuffings, Dumplings and Relishes

STUFFING is much more than a mere padding or extender for meat, poultry, game or fish. It points up meats lacking in flavor, it modifies strong and "gamy" flavors and offers pleasing contrast of texture.

There are many varieties of stuffings, some are fluffy and dry, others are more moist. Many stuffings have bread as the predominant ingredient; others are made of brown, white, or wild rice, corn, chestnuts, fruits, vegetables, sausage or oysters, combined usually with a small amount of bread crumbs. Most stuffings swell slightly on cooking and should not be tightly packed into the cavity of a bird, roast or fish.

Just when a particular stuffing should be used is a matter of individual taste. It is generally agreed that fat birds, such as goose, require a tart, fruit stuffing. Mild-flavored poultry and meats combine well with a highly seasoned or a simple stuffing. Sometimes onions and celery are stuffed into strong-flavored game birds to absorb and modify the flavor, then discarded. Fish takes kindly to a slightly tart stuffing. Dill Pickle Stuffing (page 396) and Cucumber Stuffing (page 400) are examples of excellent fish stuffings.

Dumplings are often served with meats. They may be steamed separately, dropped on portions of meat and steamed, or dropped into boiling water or stock and cooked.



ROAST PHEASANT—ONE OF THE HIGHLY PRIZED
GAME BIRDS

Young pheasants are trussed and roasted like domestic birds. The tail plumage is preserved in all its grandeur and rests beside the platter. For roasting, see directions (page 320).

STUFFINGS [[BREAD]]

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BREAD STUFFING

3 cups soft bread crumbs	$\frac{1}{4}$ teaspoon thyme or marjoram
$\frac{1}{2}$ teaspoon salt	$\frac{1}{2}$ medium-sized onion, minced
$\frac{1}{8}$ teaspoon pepper	$\frac{1}{3}$ cup butter, melted

Mix bread crumbs, seasonings, and onion; add butter slowly, tossing lightly with a fork until blended. Approximate yield: $3\frac{1}{2}$ cups stuffing, or enough for 1 (5 lb.) bird or fish.

MODIFICATIONS OF BREAD STUFFING

Celery Stuffing—Substitute 1 cup finely chopped celery for 1 cup bread crumbs.

Corn Stuffing—Substitute 1 cup corn kernels for 1 cup bread crumbs; increase salt to 1 teaspoon.

Sage Stuffing—Substitute 1 tablespoon crumbled sage leaves for thyme or marjoram; if desired, add 1 onion, minced.

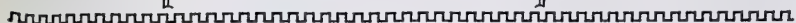
Dill Pickle Stuffing—Omit thyme and marjoram and add $\frac{1}{4}$ cup chopped dill pickles and 1 tablespoon minced parsley. Or reduce onion to 1 tablespoon and add 1 tablespoon capers to the Dill Pickle Stuffing. This is a delicious stuffing for fish. Approximate yield: $3\frac{1}{2}$ cups stuffing, or enough for 2 (3 lb.) fish.

Sausage Stuffing—Use $1\frac{1}{2}$ loaves stale bread. Remove heavy crust and dip bread in hot water; squeeze to remove all excess moisture and crumble. Sauté 1 lb. sausage 5 to 8 minutes, drain, add to bread with 2 onions, chopped, and 1 green pepper, minced. Season. Yield: stuffing for 12- to 16-lb. bird.

CRANBERRY STUFFING

2 cups cranberries, ground	$\frac{1}{4}$ teaspoon pepper
$\frac{1}{2}$ cup butter	1 tablespoon sage
$\frac{1}{2}$ cup sugar	2 teaspoons thyme
8 cups coarse fresh bread crumbs	$\frac{1}{2}$ cup chopped celery
2 teaspoons salt	3 tablespoons minced parsley
1 cup water	

Cook cranberries in butter slowly about 5 minutes, then stir in sugar. Mix together crumbs, seasonings, celery and parsley; add with water to cranberry mixture, and cook about 8 minutes, or until blended, stirring constantly. Approximate yield: 6 cups stuffing, or enough for large pork crown roast.



NUT-PRUNE STUFFING

397

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| ¼ cup chopped walnuts | 3 cups soft bread crumbs |
| ¼ cup butter | 1 tablespoon chopped parsley |
| ¾ cup chopped, stewed prunes | ½ teaspoon salt |
| dash of pepper | |

Sauté nuts in butter in large heavy frying pan until lightly browned; remove from heat and add remaining ingredients, stirring enough to mix well. One egg, slightly beaten, may be added. Approximate yield: 4 cups stuffing.

VEGETABLE STUFFING

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| 1 medium-sized white onion,
minced | 1 cup grated soft bread crumbs |
| ¼ cup chopped celery | 1 teaspoon salt |
| 2 tablespoons chopped green pepper | ¼ teaspoon paprika |
| 2 tablespoons bacon fat | ¼ teaspoon sage |
| | ¼ teaspoon poultry seasoning |
| 1 carrot, grated | |

Cook onion, celery and green pepper in bacon fat until softened but not browned; remove from heat and add bread crumbs, seasonings and grated carrot, stirring until well mixed; add more fat if mixture is dry. Use as meat stuffing. Approximate yield: 2 cups stuffing, or enough for 1 leg of lamb, boned.

ONION STUFFING

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|---------------------------|--------------------------------|
| 2 cups hot water or stock | 4 teaspoons sage |
| 6 cups stale bread crumbs | 2 teaspoons poultry seasoning |
| 2 eggs, beaten | 4 medium-sized onions, chopped |
| 1 teaspoon salt | ½ cup savory fat |
| ½ teaspoon pepper | ½ cup chopped celery tops |
| ½ teaspoon nutmeg | ¼ cup chopped parsley |
| ½ cup raisins | |

Pour hot water over bread crumbs; add eggs and seasonings. Sauté onions in fat until lightly browned, stirring constantly; add celery tops, parsley and raisins, and mix thoroughly with seasoned crumbs. Pack stuffing loosely in cavity. Approximate yield: 8 cups stuffing, or enough for a 10-pound suckling pig.

STUFFINGS [[CHESTNUT AND RICE]]

398

CHESTNUT STUFFING

2 pounds chestnuts	$\frac{1}{8}$ teaspoon pepper
1 cup cracker crumbs	$\frac{1}{4}$ cup butter, melted
1 teaspoon salt	$\frac{1}{2}$ cup heavy cream

Shell, blanch and cook chestnuts (page 452); force through ricer and add remaining ingredients, mixing lightly. Approximate yield: $3\frac{1}{2}$ cups stuffing, or enough for 1 (5 lb.) bird.

MUSHROOM STUFFING

$\frac{1}{3}$ cup mushrooms, chopped	$\frac{1}{2}$ teaspoon grated onion
2 tablespoons butter	$\frac{1}{4}$ teaspoon salt
$\frac{1}{2}$ cup fine bread crumbs	dash of paprika
2 tablespoons minced parsley	$\frac{1}{2}$ teaspoon poultry seasoning

Sauté mushrooms in butter about 5 minutes, stirring constantly; add remaining ingredients and mix well. Yield: $\frac{3}{4}$ cup stuffing.

OYSTER-MUSHROOM STUFFING

2 cups grated bread crumbs	$\frac{1}{4}$ pound mushroom caps, halved
$\frac{3}{4}$ cup chopped celery leaves	2 teaspoons salt
3 tablespoons diced bacon	$\frac{1}{8}$ teaspoon paprika
1 quart oysters, cut in pieces	1 tablespoon Worcestershire sauce
2 tablespoons walnut ketchup	

Mix ingredients by tossing together lightly with a fork; pack loosely in cavity. Use for wild or domestic turkey. Approximate yield: 6 cups stuffing, or enough for an 8- to 10-pound bird.

BROWN RICE DRESSING

2 cups brown rice	turkey giblets, cooked and ground
1 medium-sized onion, minced	$\frac{1}{2}$ teaspoon poultry seasoning
1 cup minced celery	$\frac{1}{2}$ teaspoon thyme
2 tablespoons butter	pepper

Cook brown rice in boiling salted water 50 to 60 minutes, or until tender; drain and rinse with cold water to separate the grains. Sauté onion and celery lightly in butter; add rice, giblets and seasonings, mixing well. Yield: 6 cups, or enough for 1 (10 lb.) turkey.

WILD RICE AND MUSHROOM STUFFING

399

$\frac{1}{3}$ cup chopped onion	$\frac{1}{4}$ pound sausage meat
$\frac{1}{4}$ cup butter	3 cups boiled wild rice
1 cup chopped mushrooms	1 teaspoon salt

Sauté onion in 2 tablespoons butter 5 minutes, or until lightly browned, and remove from pan; add remaining 2 tablespoons butter and mushrooms, and cook 5 minutes, then remove from pan. Fry sausage meat until lightly browned, stirring constantly; remove from heat and stir in onion and mushrooms; add wild rice and salt, mixing lightly. This makes a light loose stuffing. Approximate yield: 5 cups stuffing, or enough for 1 (10 lb.) goose.

RAISIN-NUT STUFFING

2 cups stale bread crumbs	$\frac{1}{2}$ cup broken walnut meats
$\frac{1}{3}$ cup butter, melted	1 teaspoon salt
$\frac{1}{2}$ cup chopped seeded raisins	$\frac{1}{8}$ teaspoon pepper
	$\frac{1}{2}$ teaspoon sage

Mix ingredients together lightly with a fork. Yield: $2\frac{1}{2}$ cups stuffing.

POTATO STUFFING

1 cup hot mashed potatoes	1 egg
$\frac{1}{2}$ cup stale bread crumbs	$\frac{1}{2}$ teaspoon salt
3 tablespoons butter, melted	3 tablespoons chopped onion

Mix together all ingredients, adding a little milk if mixture is dry. Approximate yield: $1\frac{3}{4}$ cups stuffing.

CHICKEN OR VEAL FORCEMEAT

1 pound chicken or veal	1 teaspoon minced parsley
$\frac{1}{2}$ cup dry bread crumbs	2 tablespoons lemon juice
1 teaspoon salt	3 tablespoons butter, melted
$\frac{1}{8}$ teaspoon pepper	1 egg, slightly beaten
dash of cayenne	stock or water

Use breast and thighs of chicken or round of veal; put three times through food chopper. Stir in crumbs and seasonings; add remaining ingredients and beat until very light, adding stock if mixture seems dry. Use as stuffing for birds or veal birds. Approximate yield: 3 cups forcemeat, or enough for 1 (6 lb.) bird.

STUFFINGS { MISCELLANEOUS }

400

OLD SWISS STUFFING

½ loaf stale bread	½ cup chopped walnuts
½ cup soft butter	2 tablespoons currant jelly
½ cup chopped apple	½ teaspoon salt
½ cup chopped celery	⅛ teaspoon pepper
1 tablespoon minced onion	dash of paprika
½ cup raisins	1 teaspoon lemon juice

Crumble bread and rub in butter; add remaining ingredients, mixing well. Yield: 4½ cups stuffing, or enough for 1 (6 lb.) fowl.

CELERY-BREAD STUFFING

⅓ cup chopped celery	1½ cups soft bread crumbs
1 tablespoon chopped onion	⅓ cup evaporated milk
2 tablespoons butter	½ teaspoon salt
	⅛ teaspoon pepper

Sauté celery and onion in butter about 5 minutes; remove from heat and add crumbs, evaporated milk and seasonings, mixing well. Approximate yield: 1¾ cups stuffing, or enough for 1 flank steak.

CUCUMBER STUFFING

2 slices bacon	1 cup soft bread crumbs
1 small onion	dash of salt
½ cup mushrooms	dash of pepper
2 cups chopped cucumbers	1 tablespoon butter, melted
	2 eggs, slightly beaten

Chop together bacon, onion and mushrooms; add remaining ingredients and mix well. For a dry, light stuffing, omit egg and increase butter to 3 tablespoons. Yield: 3 cups, or enough for large fish.

BREAD-HAM STUFFING

1 tablespoon grated onion	1 slice boiled ham, minced
3 tablespoons butter	1 teaspoon chopped parsley
1 cup soft bread crumbs	dash of salt
	dash of pepper

Sauté onion in butter until lightly browned; add remaining ingredients and cook about 2 minutes. Yield: 1¼ cups stuffing.

DUMPLINGS FOR STEW

401

2 cups sifted flour	1 teaspoon salt
4 teaspoons baking powder	1 tablespoon shortening
	1 cup milk

Mix and sift dry ingredients. Cut in fat; add milk, stirring quickly to make a soft dough. Drop by small spoonfuls on top of stew, making sure the dough rests on pieces of meat or vegetable; they should not settle into the liquid. Cover tightly and steam for 12 minutes.

These dumplings may be dropped on a plate and cooked in a steamer over rapidly boiling water for 20 minutes, if desired. Serve at once with hot stew. Approximate yield: 6 portions, or 12 dumplings.

POTATO DUMPLINGS

6 large potatoes	2 tablespoons flour
salt	2 tablespoons bread crumbs
1 teaspoon nutmeg	2 tablespoons butter, melted
sprig of marjoram	4 eggs, beaten

Croutons (page 142), buttered

Cook potatoes in their jackets in boiling salted water for 30 to 40 minutes, or until soft; drain, peel and rice; season with salt, add spices, flour, crumbs, butter and eggs, and beat thoroughly. Shape into balls, using tablespoon, drop into boiling salted water and cook, covered, 12 minutes. Sprinkle croutons over dumplings and serve with meat such as Sauerbraten (page 229). Yield: 2 dozen dumplings.

SPINACH DUMPLINGS

1 cup chopped cooked spinach	1 tablespoon minced parsley
½ teaspoon salt	1 cup soft bread crumbs
dash of pepper	2 tablespoons butter, melted
	1 egg

Mix ingredients thoroughly and chill. Shape in small balls, drop into boiling water or stock and boil, uncovered, about 5 minutes, or until balls come to the top. Approximate yield: 1 dozen small balls.

Left-over cooked vegetables such as broccoli, carrots, celery, string beans and Swiss chard may be substituted for spinach; season with Worcestershire sauce, tabasco or onion juice as desired. Serve with hot meat stew allowing 2 to 1 portion.



Most of us prefer the spicy tang of a relish to supplement the fine flavor of the food it embellishes. As much thought and preparation goes into the making of a relish as is expended by epicures on a perfectly composed sauce.

Relishes include simple or elaborate combinations of fruits and vegetables, tart or sweet, and usually spiced, as well as crisp vegetables such as celery curls, carrot sticks and radishes. The latter are used as garnishes or appetizers and their preparation is described in the section on Salads (page 493). Recipes for quick relishes, the kind that are made fresh for an "occasion" and those that can be made at any time, are given in this section. With hot and cold meats, fruit relishes such as Cranberry Citrus Relish (page 403), Spiced Prunes (see below) and Brandied Peaches (page 403) are excellent. The molded relishes are distinctly cold meat accompaniments. With meats and fish, savory relishes such as Apple Pepper Relish (page 405) and Beet and Cabbage Relish (page 406) are appropriate choices. See Appetizers (pages 160 to 181), ices in Frozen Desserts (pages 718 to 720) and pickles and relishes in Canning and Preserving (pages 808 to 817) for additional relishes.

SPICED PRUNES

1 pound prunes	2 teaspoons whole cloves
4 cups water	1 teaspoon whole allspice
2 lemons	2 peppercorns
4 blades mace	1½ cups sugar
	½ cup vinegar

Wash prunes thoroughly and soak in water 2 to 6 hours, or until plump; do not drain. Extract juice of lemons and chop rinds. Tie spices in a bag and add with lemon rind to prunes; simmer for 1 hour. Remove spice bag, add sugar, lemon juice and vinegar, and boil 5 minutes. Approximate yield: 4 cups.

CRANBERRY CITRUS RELISH

403

4 cups cranberries	1 lemon
1 orange	1 lime
	1 cup sugar

Pick over and wash cranberries and put through food chopper, using fine knife. Wash orange, lemon and lime, slice and remove seeds and put through food chopper; mix with sugar and cranberries. Chill in refrigerator several hours before serving. This may be packed in scalded glasses and sealed with paraffin. Excellent with meats. Approximate yield: 1 quart relish.

PICKLED CHERRIES

1 quart cherries	vinegar
1 tablespoon salt	cold water

Select large, perfect, sour cherries; wash well, leaving the stems on. Pack into sterilized glass jar and add salt; fill the jar with a solution of equal parts of vinegar and cold water; seal and set away for winter use. This is particularly nice served with meat or in the hors d'œuvre dish. Approximate yield: 1 quart pickled cherries.

BRANDIED PEACHES

1 can (No. 2½) peach halves	2 tablespoons butter, melted
2 tablespoons chopped crystallized ginger	3 tablespoons peach or apricot brandy

Lay drained peach halves, cut side down, in baking pan; sprinkle with ginger and pour melted butter and fruit brandy over top. Bake in moderate oven (350° F.) for 5 minutes and serve as meat accompaniment. Approximate yield: 6 portions.

PICKLED PEACH IN ASPIC

1 tablespoon gelatin	¼ cup brandied or pickled peach
¼ cup cold water	syrup
1¼ cups boiling water	6 brandied or pickled peach halves
¼ cup lemon juice	lettuce

Soften gelatin in cold water; add hot water, stirring until dissolved, and cool slightly. Add lemon juice and peach syrup; chill until slightly thickened. Place a peach half in each individual mold, fill with gelatin and chill until firm. Unmold on crisp lettuce and serve with a platter of assorted cold meats. Yield: 6 portions.

WHOLE PICKLED GRAPES

whole bunches of grapes 1½ cups sugar
1 cup white vinegar

Select bunches of grapes of the same size and ripeness; any type of grape may be used; they should not be over-ripe. Wash carefully, but leave grapes on the stems; pack bunches closely in clean glass jars, but do not crowd in packing, as the fruit must not be bruised. Boil sugar and vinegar 5 minutes, stirring until sugar is dissolved; pour over grapes to completely fill the jars; seal. These grapes have the appearance of fresh fruit and make an excellent relish to serve with meat or to use as a garnish for salads. Approximate yield: 1 pint.

SPICED PINEAPPLE STICKS

1 large pineapple 16 whole cloves
½ cup vinegar 1 stick cinnamon
3 cups sugar 1 teaspoon grated lemon rind

Cut peel from pineapple and remove eyes; remove sections lengthwise from core, and cut into little sticks, 3 inches long and ¼ inch wide (page 70). Bring vinegar, sugar, spices and lemon rind to a boil, add pineapple sticks and boil 15 minutes, or until pineapple becomes transparent. Skim out sticks, place upright in clean, hot half-pint jars, fill to the top with boiling syrup and seal at once. Approximate yield: 3 (½ pt.) jars.

CHESTNUT BALLS

1 pound chestnuts 1 egg, beaten
½ cup soft bread crumbs ¼ cup water
salt and pepper

Shell and blanch chestnuts (page 452) and cook in boiling salted water about 20 minutes, or until tender; or steam for 45 minutes. Drain and force through coarse sieve; add crumbs, egg and water, and cook over slow fire until mixture is almost dry and holds together. Season to taste and roll into balls. A celery leaf may be inserted in each ball, if desired. Serve as a meat or fish accompaniment. Approximate yield: 12 balls.



SPICED BLUEBERRY MOLDS

405

- | | |
|----------------------------------------|-------------------------|
| 3 cups canned unsweetened blue-berries | 1 teaspoon whole cloves |
| 2 tablespoons sugar | 1½ tablespoons gelatin |
| 1 stick cinnamon | ½ cup cold water |
| 1 teaspoon whole allspice | dash of salt |
| | 2 tablespoons vinegar |
| | ¼ cup lemon juice |

Bring blueberries, sugar and spices to a boil and simmer 10 minutes, stirring constantly; force through a fine strainer to remove pulp and spices; measure and, if necessary, add water to make 2 cups. Soften gelatin in cold water 5 minutes; add to boiling hot fruit mixture and stir until gelatin is dissolved. Stir in salt, vinegar and lemon juice, and pour into small individual molds; chill until firm. One quart fresh blueberries may be used; sort, wash and steam in double boiler about 20 minutes, adding spices after steaming 10 minutes. Then proceed as directed. Approximate yield: 10 small molds or portions.

FROZEN HORSERADISH RELISH

- | | |
|-------------------------------------|------------------------------|
| ½ cup heavy cream | ¼ teaspoon salt |
| ½ cup prepared horseradish, drained | ½ teaspoon lemon juice |
| | 1 tablespoon chopped parsley |

Whip cream; gently fold in remaining ingredients. Turn into freezing tray of automatic refrigerator with temperature control set at coldest point. Freeze 2 to 4 hours, or until frozen to the desired consistency, stirring once during freezing. Yield: 1¼ cups relish.

APPLE PEPPER RELISH

- | | |
|------------------------------------|--------------------------------|
| 2 sweet red peppers | 1 tablespoon grated lemon rind |
| 2 large sweet onions, peeled | ⅓ cup lemon juice |
| 3 cooking apples, peeled and cored | 1 cup sugar |
| | 1 teaspoon salt |

Clean peppers and remove core and seeds; put with onions and apples through food chopper. Add lemon rind and juice, heat to boiling; add sugar and salt, and boil 20 minutes, or until thick as honey, stirring occasionally. Turn into scalded glasses; cover and seal. Approximate yield: 1 pint relish.

LEMON PEPPER RELISH

- | | |
|--------------------------------------------|-------------------------------|
| 2 green peppers | $\frac{1}{3}$ cup lemon juice |
| $1\frac{1}{2}$ teaspoons grated lemon rind | $\frac{2}{3}$ cup sugar |

Cut peppers in quarters and remove white membrane and seeds; put through food chopper, using fine knife, and combine with remaining ingredients. Cook, stirring constantly, until liquid is absorbed and mixture becomes thick; chill. Serve with hot or cold meat. Approximate yield: 1 cup relish.

SPICED BEET RELISH

- | | |
|---------------------------------|---------------------------|
| 1 tablespoon mixed whole spices | $\frac{1}{2}$ cup sugar |
| 1 cup water | 1 bunch small beets |
| 1 cup vinegar | 1 cup sweet pickle relish |

For mixed whole spices, use allspice, stick cinnamon, cloves and mustard seeds; tie in cheesecloth bag and drop into water-vinegar-sugar mixture. Wash beets and cut off stems to within 1 inch of the bulb; add to the spice mixture and cook until tender, adding water if liquid cooks away. Drain, remove skins; chill and chop fine. Approximate yield: 4 cups relish.

BEEF AND CABBAGE RELISH

- | | |
|----------------------------|--------------------------------------|
| 2 cups vinegar | $\frac{1}{2}$ teaspoon pepper |
| 1 cup sugar | $\frac{1}{2}$ cup grated horseradish |
| 2 teaspoons salt | 2 cups chopped cooked beets |
| 2 cups chopped raw cabbage | |

Combine vinegar, sugar and seasonings; bring to boiling point and boil 5 minutes. Pour over vegetables, mix well and cook about 5 minutes longer. Turn into sterilized containers and seal. Approximate yield: 3 ($\frac{1}{2}$ pt.) jars.

VEGETABLE RELISH

- | | |
|--------------------------------------|---------------------------------|
| 3 onions, chopped | 2 medium-sized tomatoes, sliced |
| 2 tablespoons butter | $\frac{1}{2}$ teaspoon salt |
| 3 large, sweet red peppers, shredded | $\frac{1}{8}$ teaspoon pepper |

Sauté onion in butter until lightly browned; add peppers, tomatoes and seasonings, and cook slowly 30 minutes or until peppers are tender. Serve hot or cold. Approximate yield: 2 cups relish.

Macaroni, Noodles and Rice

MACARONI, spaghetti, vermicelli and noodles are the more commonly used Italian pastes. They are made from a hard or spring wheat high in gluten, such as durum wheat. Macaroni and spaghetti, the tubular forms, vary in size; spaghetti is the smaller; vermicelli, a solid length, is the smallest in thickness. Macaroni is also shaped into small forms, including elbows, shells, twists, rosettes and alphabet letters. The egg noodles have egg added to the paste. They are usually made into thin bands varying in width and are often made at home for use in soups, as a vegetable or as the basis of many dishes.

Pastes of good quality break clean without splintering; they are creamy rather than white in color, retain their shape and do not become pasty on cooking. The time for cooking pastes varies slightly. Most of them are cooked in 9 to 12 minutes; they are better if not overcooked. As cereal foods, pastes are good sources of protein and starch. They are bland in flavor and lend themselves to many types of dishes. Macaroni and spaghetti are used interchangeably. They are basic ingredients in many famous boiled and baked dishes. The Italians have taught us to use them with tomato paste, savory sauces containing onions, peppers and garlic, and to serve them with grated cheese or a cheese sauce. As extenders of meat, chicken, eggs and other foods, macaroni products deserve an important place in menu making.

BOILED MACARONI OR SPAGHETTI

Break sticks of macaroni or spaghetti in 1- to 2-inch pieces, or use elbow macaroni, shells or other small shapes; drop into large quantity of rapidly boiling salted water using about 2 quarts water and 2 teaspoons salt for 1 cup macaroni. Boil 9 to 12 minutes, or until soft; directions on package give definite cooking time for that product. Drain in strainer and pour cold water over cooked paste to remove starch and prevent stickiness. Reheat in a sauce, cream or butter, or use as desired. Macaroni and spaghetti double in bulk on cooking. Allow 1 to 1½ ounces uncooked macaroni or spaghetti per portion.

To boil spaghetti in long pieces, place ends in boiling salted water and coil as they soften. For vermicelli and noodles use directions above.

BAKED MACARONI AND CHEESE

1 package (8 oz.) macaroni	1½ to 2 cups grated cheese
2 cups Medium White Sauce (page 91)	½ cup bread crumbs, buttered

Boil macaroni (see above); put in greased casserole in alternate layers with sauce and grated cheese. Pour white sauce over top and cover with buttered crumbs; bake in moderate oven (375° F.) for 20 to 25 minutes, or until crumbs are browned. Spaghetti may be used in place of macaroni. Approximate yield: 6 to 8 portions.

MODIFICATIONS OF BAKED MACARONI AND CHEESE

Macaroni with Tomato Sauce—Substitute Tomato Sauce (page 382) for white sauce.

Macaroni with Ham—Substitute ½ pound boiled ham, finely chopped, for cheese. Season layers of ham with a little finely chopped onion and dot with butter.

Scalloped Sausage and Macaroni—Substitute 1½ to 2 cups chopped, cooked sausage for cheese.

Macaroni à la King—Line bottom and sides of greased casserole with cooked macaroni; fill center with Chicken à la King (page 306); top with macaroni.

Macaroni-Broccoli Casserole—Substitute 2 cups chopped, cooked broccoli for cheese; add ¾ cup mayonnaise to white sauce.

[BAKED MACARONI] MACARONI

CREAMED MACARONI

409

- | | |
|---------------------------|------------------------------|
| 3 cups cooked macaroni | ½ teaspoon salt |
| 3 cups Medium White Sauce | ½ cup grated American cheese |
| (page 91) | |

Place macaroni in buttered casserole; add white sauce and salt; fold in cheese. Cover and bake in moderate oven (350° F.) 30 minutes, or until the cheese has melted, stirring occasionally. Yield: 6 portions.

NUT SAVORY MACARONI

- | | |
|------------------------------|------------------------|
| 2 cups elbow macaroni | 2 cups canned tomatoes |
| 1 cup grated American cheese | 1 teaspoon salt |
| 1 cup chopped walnuts | ¼ teaspoon pepper |
| ½ tablespoon minced onion | |

Cook macaroni (page 408); arrange in greased casserole in alternate layers with cheese and nuts. Season tomatoes with salt and pepper, and add onion; pour over macaroni mixture, cover and bake in moderate oven (350° F.) for 30 minutes, or until cheese is melted. Approximate yield: 6 portions.

MACARONI MONTPARNASSE

- | | |
|------------------------------|-----------------|
| 1 package (8 oz.) macaroni | ½ teaspoon salt |
| 1 medium-sized onion, sliced | pepper |
| 6 tomatoes | ¼ clove garlic |
| ½ pound Swiss cheese, sliced | |

Cook macaroni (page 408). Cook onion and tomatoes 10 minutes; add salt, pepper, garlic and macaroni; mix well and turn into 6 greased cups or a large casserole. Bake in hot oven (425° F.) for 10 minutes; cover top with a layer of Swiss cheese, and bake 10 minutes longer, or until cheese has melted and browned. Yield: 6 portions.

QUICK MACARONI CASSEROLE

- | | |
|-----------------------------------|--------------------|
| 2 cans macaroni with tomato sauce | ¼ pound dried beef |
| 2 tablespoons butter | |

Heat macaroni and turn into casserole; sauté beef in butter until crisp and arrange around edge of casserole. Approximate yield: 6 portions.

MACARONI [[BAKED MACARONI]]



410

BAKED MACARONI, CREOLE STYLE

1½ cups macaroni	1½ teaspoons sugar
½ medium-sized onion, minced	1½ teaspoons salt
3 tablespoons butter	¼ teaspoon pepper
1 green pepper, chopped	¾ pound country sausage
3 cups canned tomatoes	⅓ cup fine dry bread crumbs

Cook macaroni (page 408). Sauté onion in butter 5 minutes; add green pepper, tomatoes, sugar, salt and pepper and simmer 15 minutes. Form sausage into 6 flat patties. Place half of macaroni in casserole; lay patties on top and cover with remaining macaroni. Add tomato mixture, sprinkle with bread crumbs and bake in moderately hot oven (375° F.) for 45 minutes. Approximate yield: 6 portions.

MACARONI LOAF

2 cups cooked macaroni	1 teaspoon salt
2 tablespoons chopped pimiento	½ teaspoon paprika
¾ cup finely diced cheese	2 tablespoons butter, melted
1 tablespoon minced onion	2 eggs, well beaten
1 cup dry bread crumbs	1½ cups canned tomatoes

Mix all ingredients together thoroughly, turn into greased loaf pan and bake in moderate oven (350° F.) about 40 minutes. Approximate yield: 6 to 8 portions.

SALAMIED MACARONI

1 large onion, finely chopped	1 pound mushrooms, sliced
1 large green pepper, finely chopped	1 can tomato paste
1 clove garlic, minced	1 cup water.
6 tablespoons olive oil	marjoram, thyme, sweet basil
1 pound pork, ground	1 package (8 oz.) elbow macaroni
½ pound Italian salami, ground	¼ pound grated Parmesan cheese

Sauté onion, pepper and garlic lightly in ¼ cup olive oil, add pork and salami, and sauté 5 minutes. Stir in tomato paste and water, add herbs and simmer slowly about 2 to 4 hours, adding mushrooms, sautéed in remaining 2 tablespoons oil, 15 minutes before sauce is done. Cook macaroni (page 408); arrange on hot platter in layers with sauce; sprinkle generously with cheese. Approximate yield: 6 to 8 portions.

[BAKED MACARONI] MACARONI

GRANDMOTHER'S MACARONI AND CHEESE

411

4 cups cooked macaroni	2 tablespoons butter
½ cup soft bread crumbs	½ teaspoon salt
1 cup grated American cheese	milk

Place half of macaroni in a greased 3-pint casserole. Sprinkle with half the crumbs and cheese, and dot with 1 tablespoon butter. Add remaining macaroni, sprinkle with remaining crumbs and cheese, and dot with butter. Sprinkle with salt and add milk, almost to cover. Bake in moderate oven (375° F.) 20 minutes; then increase to hot (425° F.) and bake 15 minutes longer, or until browned. Approximate yield: 6 portions.

MACARONI CHEESE TIMBALES

1½ cups cooked, broken macaroni	½ teaspoon Worcestershire sauce
2 eggs, well beaten	1½ cups grated American cheese
½ teaspoon salt	1¾ cups milk
dash of pepper	6 cooked mushroom caps

Divide macaroni equally among six buttered custard cups. Mix together eggs, seasonings, 1 cup grated cheese and 1½ cups milk; pour over macaroni in custard cups. Set cups in pan of hot water and bake in moderate oven (350° F.) for 30 minutes, or until firm. When ready to serve, unmold on hot platter, garnish each timbale with a mushroom cap, and serve with cheese sauce. For sauce, cook remaining ½ cup cheese and ¼ cup milk in double boiler until cheese is melted; season with additional salt and pepper.

MACARONI AND CHEESE CROQUETTES

2 cups elbow macaroni	1 teaspoon chopped parsley
3 tablespoons chopped, cooked bacon	1 cup grated cheese
	1 teaspoon onion juice
1 cup Thick White Sauce (page 91)	

Cook elbow or broken macaroni (page 408); put through food chopper; add bacon and parsley. Add cheese and onion juice to white sauce, and blend with macaroni. Spread out on platter, cool, shape into croquettes and fry in hot deep fat (365°-380° F.) for 3 to 5 minutes. Serve with game and fowl. Approximate yield: 6 portions.

SPAGHETTI [BAKED SPAGHETTI]



412

SPAGHETTI MOLD

- 1 package (8 oz.) spaghetti 2 eggs, slightly beaten
2 cups Medium White Sauce (page 91)

Cook whole spaghetti (page 408). Add eggs to white sauce and mix lightly with spaghetti; with vegetable tongs or large spoons, pick up spaghetti, arrange in well-greased ring mold and fill with remaining mixture, stirring enough to mix the two. Place mold in pan of hot water and bake in moderate oven (350° F.) about ½ hour; when ready to serve, unmold and fill center with a creamed mixture. Broken spaghetti or macaroni may be used in place of long pieces of spaghetti. Approximate yield: 6 portions.

SPAGHETTI, FRONTIER STYLE

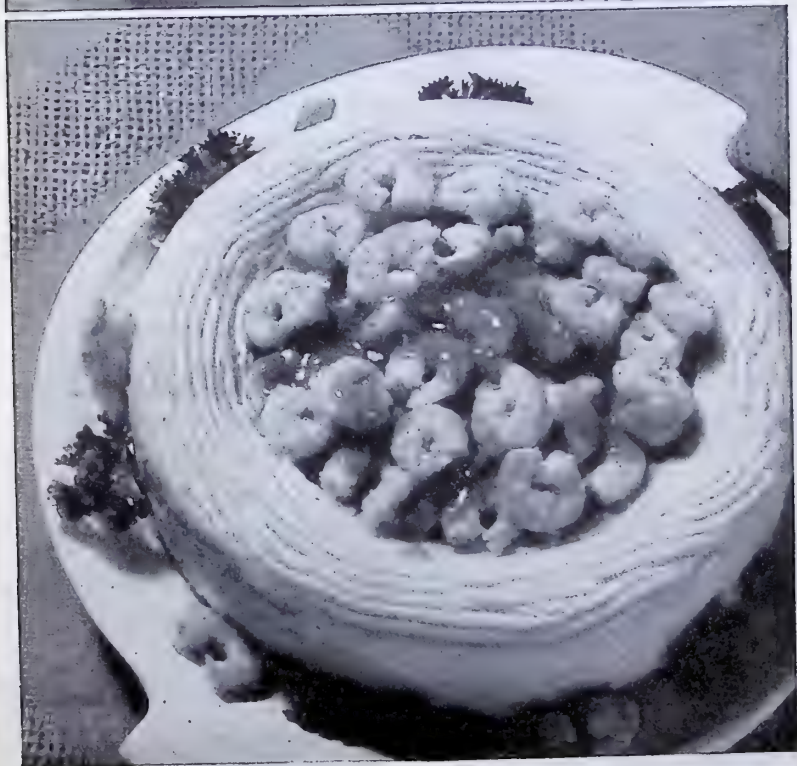
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|--------------------------------|-------------------------------|
| 1 package (8 oz.) spaghetti | 1 cup diced, cooked chicken |
| 1 small onion, finely chopped | ½ cup canned mushrooms |
| 1 clove garlic, minced | 3½ cups (No. 2½ can) tomatoes |
| 2 tablespoons butter | ¼ teaspoon pepper |
| 4 pimientos, minced | Frontier Sauce (page 383) |
| 1 green pepper, finely chopped | ¼ cup grated Parmesan cheese |

Cook whole spaghetti (page 408). Sauté onion and garlic in butter until delicately browned. Add pimientos, green pepper, chicken, mushrooms, tomatoes and pepper. Add to spaghetti, mix lightly by lifting with 2 forks. Turn into greased casserole, cover with Frontier Sauce, sprinkle with cheese, cover and bake in moderate oven (350° F.) for 2 hours. Approximate yield: 6 portions.

SPAGHETTI WITH CLAMS

- ½ package (8-oz. pkg.) spaghetti 2 cups Medium White Sauce
1 dozen large clams (page 91)
¾ cup chopped celery ¼ cup buttered bread crumbs
1 tablespoon grated American cheese

Cook spaghetti (page 408). Cut clams in half, rejecting hard part; arrange spaghetti, clams, celery and white sauce in alternate layers in greased baking dish. Mix crumbs with cheese, sprinkle over top and bake in hot oven (400° F.) for 15 to 20 minutes. Yield: 6 portions.



SPAGHETTI SHRIMP CREOLE

Creole cookery is inspiration for this luncheon main dish of spaghetti molded with shrimps. The spaghetti is cooked, drained, mixed with cream sauce and lifted with pom tongs into the ring mold. Shrimp Creole (page 368) fills the center of the unmolded ring of spaghetti.



414

SPAGHETTI WITH TOMATO SAUCE

1/2 pound chopped round steak	1 can (No. 2 1/2) Italian tomatoes, strained
1/2 cup dried mushrooms	
1 small dried hot red pepper	1/2 can tomato paste
1/2 cup olive oil	salt and pepper
1/2 clove garlic, chopped	1 package (8 oz.) spaghetti

Sauté lightly meat, mushrooms and red pepper in olive oil for 10 minutes; add garlic and tomatoes, and simmer 40 minutes. Add tomato paste, season to taste with salt and pepper, and simmer 10 minutes longer. Cook whole spaghetti (page 408), turn out on hot platter and cover with sauce. Approximate yield: 6 portions.

ITALIAN SPAGHETTI

1 cup coarsely cut chicken livers	2 tablespoons olive oil
2 small onions, chopped	1/2 teaspoon cloves
2 tablespoons chopped parsley	1/2 teaspoon cinnamon
1 cup minced carrots	salt and pepper
1 cup minced celery	2 cups canned tomatoes, strained
1/2 pound mushrooms, sliced	2 cups stock or water
2 cloves garlic	2 tablespoons Italian tomato sauce
2 tablespoons butter	1 package (8 oz.) spaghetti

1/2 cup grated Parmesan cheese

Sauté livers and vegetables in butter and oil until almost tender; add seasonings, tomatoes, stock and tomato sauce, and simmer about 1 hour, removing garlic when flavor becomes pronounced. Cook whole spaghetti (page 408), place in ring on hot platter, fill center with hot sauce and pour sauce over spaghetti; sprinkle with cheese. Young calf's liver or any meat may be substituted for chicken livers. Approximate yield: 6 portions.

NAPOLI SPAGHETTI

1 package (8 oz.) spaghetti	1/8 teaspoon pepper
6 slices bacon, diced	1/4 teaspoon allspice
1 onion, sliced	1/4 teaspoon mace
3 cups tomatoes	dash of cayenne
1/2 teaspoon salt	1/2 bay leaf

Cook spaghetti (page 408). Sauté bacon until crisp, add remaining ingredients and simmer 50 minutes. Add spaghetti and keep hot for 10 minutes before serving. Approximate yield: 6 portions.

[[SAVORY SPAGHETTI]] SPAGHETTI

SPAGHETTI À L'ASTA

415

1 clove garlic, chopped	dash of cayenne
2½ cups (No. 2 can) tomatoes	1 cup beef stock
2 teaspoons celery salt	1 cup finely chopped chicken livers
1 teaspoon sugar	1 cup chopped mushrooms
1 teaspoon cinnamon	3 tablespoons butter
1 teaspoon cloves	1½ tablespoons flour
1 teaspoon ginger	1 package (8 oz.) spaghetti
1 large onion, chopped	½ cup grated Parmesan cheese

Simmer garlic, tomatoes, celery salt, sugar, spices, onion and cayenne for ½ hour; add beef stock. Sauté livers and mushroom in butter until lightly browned; stir in flour; then add tomato mixture slowly and simmer 15 minutes. Cook whole spaghetti (page 408); mix thoroughly with sauce. Sprinkle each serving generously with cheese. Approximate yield: 6 portions.

SPAGHETTI À LA BRAZILIERO

1 package (8 oz.) spaghetti	1 clove garlic, chopped
4 slices bacon, diced	¼ cup sliced stuffed olives
2 medium-sized onions, sliced	1 teaspoon sugar
1½ cups (No. 1 can) tomatoes	salt and pepper
2 green peppers, chopped	½ cup grated Italian cheese

Cook spaghetti (page 408). Sauté bacon until crisp; remove from pan and sauté onions in the bacon fat until golden brown; add tomatoes, pepper and garlic, and simmer for 10 to 15 minutes. Add spaghetti, bacon, olives, sugar, and salt and pepper to taste. Heat thoroughly; serve on platter and sprinkle with cheese. Approximate yield: 6 to 8 portions.

AMSTERDAM SPAGHETTI

2 cups prepared canned spaghetti or spaghetti with tomato sauce	2 cups canned sauerkraut 6 slices bacon
--------------------------------------------------------------------	--------------------------------------------

Put alternate layers of spaghetti and sauerkraut in greased baking dish; cut bacon slices in halves and arrange on top. Bake in moderate oven (350° F.) about 30 minutes, or until bacon is crisp. Approximate yield: 6 portions.

SPAGHETTI [[SAVORY SPAGHETTI]]



416

ITALIAN DELIGHT

$\frac{1}{2}$ package (8-oz. pkg.) spaghetti	1 cup canned red kidney beans
2 cups chopped corned beef	$\frac{1}{2}$ teaspoon salt
1 small onion, minced	$\frac{1}{8}$ teaspoon pepper
$\frac{1}{4}$ cup butter	1 cup canned condensed tomato soup
$\frac{3}{4}$ cup canned mushrooms	$\frac{3}{4}$ cup grated American cheese

Cook spaghetti (page 408). Sauté corned beef and onion in butter 8 minutes, stirring frequently. Arrange half of spaghetti in greased casserole, then layers of $\frac{1}{2}$ the meat, mushrooms and beans; season with salt and pepper. Repeat layers in reverse order, having spaghetti on top; pour soup over spaghetti, sprinkle with cheese and bake in moderately hot oven (375° F.) about 30 minutes. Yield: 6 portions.

SPAGHETTI DELECTABLE

1 package (8 oz.) spaghetti	1 tablespoon fat
1 can (No. 1) tomatoes	3 strips lean bacon
salt, pepper, celery salt	6 lamb kidneys
1 onion, sliced	2 tablespoons butter

Cook spaghetti (page 408) and turn into greased baking dish. Strain tomatoes, season to taste with salt, pepper and celery salt; add onion which has been sautéed in fat 2 minutes, and pour over spaghetti. Cut bacon strips in halves and arrange around edge of dish. Remove outer skin from each kidney, cut in halves, removing tubes; arrange halves, cut-side up, on spaghetti and dot with butter. Bake in moderately hot oven (375° F.) about 40 minutes, or until kidneys are cooked. Approximate yield: 6 portions.

VERMICELLI WITH ANCHOVIES

1 package (8 oz.) vermicelli	2 tablespoons grated Parmesan cheese
1 tablespoon chopped parsley	$1\frac{1}{2}$ cups Medium White Sauce
2 tablespoons melted butter	(page 91)
1 teaspoon grated onion	9 anchovy fillets

Cook vermicelli (page 408); turn into greased casserole. Add parsley, butter, onion and cheese to white sauce, pour over vermicelli, arrange anchovies on top and bake in moderately hot oven (375° F.) about 25 minutes, or until lightly browned. Approximate yield: 6 portions.

[[BAKED NOODLES]] NOODLES

NOODLES

417

1 egg, slightly beaten

$\frac{1}{2}$ teaspoon salt

1 cup flour (about)

Add salt to egg; gradually add flour enough to make very stiff dough. Turn out on floured board, knead 3 to 5 minutes, then roll out in paper-thin sheet. Cover with towel and let stand about 20 minutes. Roll up dough like a jelly roll, cut in $\frac{1}{4}$ -inch strips, unroll and spread out each strip; dry thoroughly. Store in closely covered container. For fine noodles, cut in $\frac{1}{8}$ -inch strips. Or cut sheet of dough in tiny fancy shapes as circles, stars, triangles, etc.; dry and use with soup. Approximate yield: 2 cups cut noodles.

BOILED NOODLES

For cooking commercial or homemade noodles, follow directions for Boiled Macaroni and Spaghetti (page 408); boil about 10 minutes. Allow 1 to $1\frac{1}{2}$ ounces uncooked noodles per portion.

BUTTERED NOODLES

Cook 1 package (8 oz.) noodles (page 408); season with $\frac{1}{2}$ teaspoon salt, $\frac{1}{8}$ teaspoon pepper and 1 tablespoon butter. Serve in place of potatoes. Approximate yield: 6 portions.

NOODLE RING

$\frac{1}{2}$ package (8-oz. pkg.) flat noodles $\frac{1}{2}$ cup cream

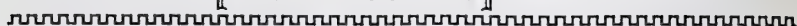
3 eggs, separated $\frac{1}{4}$ cup grated cheese

$\frac{1}{2}$ cup milk $\frac{1}{2}$ teaspoon salt

dash of pepper

Cook noodles (page 408). Beat egg yolks until thick and light, add milk and cream, noodles, cheese and seasonings; fold in stiffly beaten whites. Turn into well-greased 8-inch ring mold, set in pan of water and bake in moderate oven (350° F.) about 1 hour. Turn out on round serving plate and fill with well-seasoned creamed chicken, mushrooms or fish, as desired. Approximate yield: 6 portions.

NOODLES [BAKED NOODLES]



418

NOODLES WITH CRUMBS

Prepare Buttered Noodles (page 417); top with $\frac{1}{2}$ cup buttered bread crumbs, browned and seasoned. Allow 1 package (8 oz.) noodles for 6 portions.

CHEESE-NOODLE CASSEROLE

$\frac{1}{2}$ pound bacon, diced	$\frac{1}{2}$ teaspoon salt
$1\frac{1}{2}$ cups cooked wide noodles	$\frac{1}{4}$ teaspoon pepper
1 cup cottage cheese	$\frac{1}{4}$ teaspoon paprika
$\frac{1}{2}$ cup buttered bread crumbs	

Pan-broil bacon until crisp, add cooked noodles, cheese, and seasonings, mixing well. Turn into greased casserole, sprinkle with crumbs and bake in moderately hot oven (375° F.) for 20 minutes. Approximate yield: 6 portions.

NOODLES, CREOLE STYLE

$\frac{3}{4}$ package (8-oz. pkg.) broad noodles	2 tablespoons butter
4 okra pods	1 green pepper, chopped
1 medium-sized onion, chopped	6 tomatoes, peeled and quartered
	1 cup cut green string beans
	1 teaspoon salt

Parboil noodles in boiling salted water; drain. Wash okra, remove both ends, cut in $\frac{1}{4}$ -inch pieces and blanch. Sauté onion in butter until lightly browned, add peppers, tomatoes and beans; simmer 20 minutes. Add noodles and cook about 10 minutes, or until tender, adding more water, if necessary. Approximate yield: 6 portions.

NOODLE OMELET

3 tablespoons milk	3 eggs, slightly beaten
$\frac{1}{2}$ teaspoon salt	3 cups cooked noodles (page 408)
dash of pepper	3 tablespoons butter

Add milk and seasonings to eggs. Sauté noodles in butter until lightly browned, pour in egg mixture and cook like French Omelet (page 87). Cut and fold; serve on hot platter with topping of cinnamon and sugar, if desired. Approximate yield: 6 portions.

As a cereal food and for use in many main dishes and desserts, rice is one of the oldest and most important of cereals. It was cultivated in the Nile Valley centuries before the dawn of recorded history and has helped sustain life in China for uncounted ages. Rice is not as high in protein as the wheat grain, but it is an excellent source of starch.

There are three main types of rice grown in this country, the long-grain, medium-grain and short-grain, each sold under various brand names. White rice is sold as polished, usually "coated," and unpolished or "uncoated" rice. The rice is polished to render it gleaming and milky white and to separate the grains. To enhance the surface of the grains, the rice is sometimes treated with a harmless coating of glucose and talc which is removed readily when the rice is washed. "Uncoated" rice is the untreated, white, starchy endosperm of the rice grain.

Brown rice is the grain from which only the hull has been removed. It includes some of the bran coats which contain valuable minerals and vitamins. Because of this extra brown coating, brown rice requires longer cooking; the rice is never so flaky or "dry" as white or polished rice. It compensates, however, by contributing a peculiarly rich, nutty flavor.

Wild Rice. Indian rice and water rice are names sometimes applied to wild rice. It is the seed of a tall water grass. The grains are long and greenish in color and require a special method of treatment to render them soft and edible. Wild rice is used frequently as a dressing for game, beef heart and other strong-flavored meats; and as a stuffing for green peppers and baked squash. It is more expensive than ordinary rice and available only on order in many markets.

FLUFFY BOILED RICE

1 cup rice

3 teaspoons salt

8 cups boiling water

Wash rice thoroughly. Add salt to boiling water in deep saucepan; add rice slowly so boiling does not stop. If water is very hard, add 1 teaspoon lemon juice or 1 tablespoon vinegar to keep rice white. Boil gently, without stirring, for 12 to 25 minutes, depending upon variety, or until rice is entirely soft when pressed between fingers. Drain into sieve, wash with hot water, cover with cloth and set over hot water to separate grains. Serve as a cereal, or in place of potatoes; or form mound or ring on serving plate and cover with creamed fish, meat or vegetables. Water in which rice is cooked may be substituted for part of liquid in making sauces and soups. Approximate yield: 3 cups cooked rice, or 6 portions.

BOILED RICE

1 cup rice

1½ cups water

1 teaspoon salt

Wash rice thoroughly, drain. Place rice, water and salt in heavy kettle over direct heat, cover closely, bring to the boiling point, and when water boils vigorously, reduce heat as low as possible. Cook about 40 minutes, or until all liquid is absorbed. Keep in warm place 10 minutes for rice to dry and fluff; turn from kettle and serve as desired. Meat or chicken stock may be used in place of water, if desired. Approximate yield: 3 cups cooked rice, or 6 portions.

STEAMED RICE

Follow directions for Boiled Rice (see above), cooking in double boiler instead of heavy kettle. Milk may be substituted for water, if desired. Rice prepared in this way is especially good for invalids and children. One cup uncooked rice yields 3 cups cooked rice, or 6 portions.

ITALIAN RICE

Sauté 1 cup washed, uncooked rice in ½ cup butter about 5 minutes, or until delicately browned, stirring constantly. Add 2 cups canned tomatoes, season to taste with salt, pepper and onion salt; boil for about 5 minutes. Add 2 cups water or stock as necessary, cover and simmer 30 minutes, or until liquid has been almost entirely absorbed by rice. Serve with mild-flavored meat or fish. Approximate yield: 6 portions.

SPANISH RICE

421

1 cup rice	2 green peppers, chopped
2 tablespoons fat	3 cups boiling water
1 cup canned tomatoes	1 teaspoon salt
2 large onions, sliced	½ teaspoon chili powder

Wash rice; sauté in fat until lightly browned. Add remaining ingredients and simmer 20 to 30 minutes, or until rice is tender. Approximate yield: 6 portions.

RICE URUGUAYAN

1 cup rice	¾ teaspoon chopped parsley
4 medium-sized carrots, chopped	2 cups water
3 medium-sized onions, chopped	1½ teaspoons salt
1 pound ground beef	⅛ teaspoon pepper
3 medium-sized potatoes, peeled and diced	

Wash and drain rice; combine with carrots, onions, beef, parsley, water and seasonings, mixing lightly with fork. Cover and cook over low heat 15 minutes; add potatoes and continue cooking 45 minutes. Approximate yield: 6 portions.

BAKED RICE AND CHEESE

½ teaspoon Worcestershire sauce	2 cups cooked rice
dash of thyme	1 cup grated American cheese
2 cups Medium White Sauce	¼ cup buttered crumbs
(page 91)	

Add Worcestershire sauce and thyme to white sauce. Arrange layer of rice in bottom of greased casserole, cover with part of sauce and sprinkle generously with cheese; repeat until all is used. Top with buttered crumbs and bake in moderate oven (350° F.) for 15 to 20 minutes, or until cheese is melted. Approximate yield: 6 portions.

SAUTÉED RICE WITH GREEN PEPPERS

Sauté ½ green pepper, chopped, in 2 tablespoons butter until browned; add 3 cups rice, season to taste with salt and pepper, and continue cooking until rice is thoroughly heated and lightly browned. Approximate yield: 6 portions.

422

BAKED RICE AND PEPPERS

3 cups cooked rice	3 tablespoons ketchup
2 large green peppers, chopped	1 cup canned tomato juice
1 small onion, minced	½ teaspoon salt
3 tablespoons fat	⅛ teaspoon pepper

Turn the rice into greased casserole. Sauté green pepper and onion in fat until browned, add rice, ketchup, tomato juice and seasonings, mixing well. Bake in moderate oven (350° F.) for 20 to 30 minutes. Approximate yield: 6 portions.

SPANISH RICE AND OYSTER PIE

Prepare Spanish Rice (page 421), substituting 1 can condensed tomato soup for canned tomatoes, and cook over low heat until all moisture is absorbed. Remove from heat and blend with 2 slightly beaten eggs. Line bottom and sides of greased pie pan with ⅔ of rice mixture. Prepare Creamed Oysters (page 361), using Thick White Sauce (page 91). Add ½ pound sliced, cooked mushrooms, 2 tablespoons fine cracker crumbs, 1 tablespoon chopped parsley, ¼ teaspoon Worcestershire sauce and 2 well-beaten eggs. Turn into tomato-rice crust, use remaining crust mixture to top the pie and bake in hot oven (400° F.) for 20 minutes. Approximate yield: 6 portions.

LOUISIANA SHRIMP WITH RICE

1 small onion, chopped	1 cup chicken stock
3 tablespoons butter	2 cups Boiled Rice (page 420)
1 cup strained, canned tomatoes	1½ cups broken, canned shrimp
salt, pepper and paprika	

Sauté onion in butter 5 minutes; add remaining ingredients, seasoning to taste with salt, pepper and paprika, and heat thoroughly. Lobster or other cooked fish may be substituted for shrimp, if desired. Approximate yield: 6 portions.

SCRAMBLED RICE AND BACON

¾ pound sliced bacon	3 tablespoons milk
3 cups cooked rice	1 teaspoon salt
3 eggs, well beaten	⅛ teaspoon pepper

Pan-broil bacon until crisp; remove from fat and keep hot. Turn rice into bacon fat; combine eggs with milk and seasonings, add to rice, mixing well, and cook over low heat until eggs thicken slightly. Approximate yield: 6 portions.

RICE CROQUETTES

423

2 cups boiled rice	3 tablespoons grated American cheese
½ cup Thick White Sauce (page 91)	1 teaspoon salt
1 egg, separated	⅛ teaspoon cayenne
	bread crumbs

Combine rice, white sauce, well-beaten egg yolk, cheese, salt and cayenne. Spread out on platter, cool and shape into small croquettes. Dip into beaten egg white, then into bread crumbs and fry in hot deep fat (365°–380° F.) 2 to 4 minutes, or until golden brown. Approximate yield: 6 portions.

TURKISH PILAU

3 cups cooked rice (page 420)	1½ cups stock or water
2 small tomatoes, quartered	2 cups chopped, cooked mutton
½ onion, chopped	3 tablespoons buttered crumbs

Combine rice, tomatoes, onion and stock; arrange in alternate layers with mutton in greased casserole; cover with crumbs. Bake in moderate oven (350° F.) for 25 to 30 minutes. Yield: 6 portions.

BROWN RICE

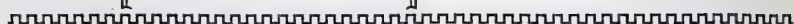
Follow directions for Fluffy Boiled Rice (page 420), increasing boiling time to 40 to 60 minutes. If soaked in lukewarm water about 1 hour before cooking, the outer bran coats will be softened and the cooking time shortened. One cup yields 3 cups cooked rice, or 6 portions.

BROWN RICE BALLS

1 cup brown rice	1 cup tomato pulp
2 slices onion	1 cup flaked salmon
1 bay leaf	salt and pepper
¼ cup chopped onion	2 eggs
2 tablespoons fat	fine bread crumbs

Boil rice (see above) in water to which sliced onion and bay leaf have been added. Sauté chopped onion in fat until lightly browned; add tomato pulp, salmon and seasonings, and cook until lightly browned and somewhat dry. Mix rice with 1 beaten egg, cool and form into small balls. Remove centers from balls with spoon or sharp knife, fill with salmon mixture, then close opening with additional rice mixture. Roll in 1 beaten egg, then in bread crumbs, and fry in hot deep fat (370° F.) 3 to 5 minutes. Approximate yield: 6 portions.

RICE [BROWN AND WILD]



424

BROWN RICE WITH CHEESE

2 cups cooked brown rice (page 423)	2 cups grated cheese
3 cups milk, scalded	1 teaspoon salt
2 eggs, slightly beaten	¼ teaspoon paprika

Mix ingredients together thoroughly, turn into buttered custard cups, set in pan of hot water and bake in moderate oven (350° F.) for 30 to 35 minutes, or until custards are firm. Garnish with very thin rings of sweet red pepper, if desired, and serve at once. Approximate yield: 6 portions.

BOILED WILD RICE

¾ cup wild rice	3 cups boiling water
½ teaspoon salt	2 teaspoons butter

Wash rice thoroughly in cold water several times. Add salt to boiling water, then add rice slowly so water continues to boil. Do not stir; shake kettle to prevent rice from sticking. Cook 25 to 45 minutes, or until rice is tender and water entirely absorbed; add butter. Serve in place of potatoes with beef or game. Approximate yield: 6 portions.

STEEPED WILD RICE

Wash 1 cup wild rice in cold water and drain; cover with 4 cups boiling water, let stand 20 minutes, then drain. Repeat 4 times using fresh boiling water each time; add 2 tablespoons salt the last time. Drain; add 1 tablespoon melted butter. Serve as Boiled Wild Rice (see above). Wild rice prepared in this way has an especially delicate flavor. Approximate yield: 6 portions.

BAKED WILD RICE WITH MUSHROOMS

1 cup wild rice	¼ cup butter
½ pound mushrooms	½ teaspoon salt
	⅛ teaspoon pepper

Cook rice (page 424). Peel and slice mushrooms, reserving smaller ones for garnish, and sauté in butter until lightly browned. Add to rice, mixing lightly; season with salt and pepper, and turn into greased casserole. Garnish with small whole mushrooms and bake in moderate oven (350° F.) for 25 minutes, or until thoroughly heated. Approximate yield: 6 portions.

RICE MEXICANA

425

1 cup rice	½ medium-sized green pepper,
½ clove garlic, minced	chopped
1 small onion, chopped	2 teaspoons chili powder
2 tablespoons fat	1 cup canned tomatoes
2 teaspoons salt	2 cups beef stock

Wash rice; sauté with garlic and onion in hot fat until browned. Add green pepper, salt, chili powder, tomatoes and stock, cover and simmer 30 minutes, or until rice is soft, removing cover during last 5 minutes to finish evaporation and let mixture dry out. One-half pound chopped beef may be cooked with rice, if desired. Approximate yield: 6 portions.

ASIATIC SUPPER PLATE

3 cups Fluffy Boiled Rice (page 420)	parsley
½ cup shredded coconut	12 stuffed olives
½ cup chopped, blanched almonds	Mousseline Chutney Sauce
12 slices chicken, roast or canned	(page 385)
paprika	

Combine hot rice with coconut and almonds. Place serving of rice in center of each of 6 hot supper plates, flank with slices of chicken. Sprinkle rice with paprika, garnish with parsley and olives, and serve with Mousseline Chutney Sauce. Approximate yield: 6 portions.

RICE AND SAUSAGE CASSEROLE

¾ pound link sausage	¼ cup chopped green pepper
2 tablespoons hot water	3 tablespoons chopped celery leaves
1½ cups coarse cracker crumbs	1½ tablespoons chopped onion
1½ cups hot boiled rice	1½ teaspoons salt
1½ cups canned tomato	¼ teaspoon pepper
2 tablespoons butter	

Cut sausage into small pieces and fry until delicately browned, stirring constantly; add water. Combine crumbs, rice, tomato, peppers, celery leaves, onion and seasonings, mixing lightly; add sausage. Turn into greased casserole, dot with butter and bake in moderately hot oven (375° F.) for 30 minutes. Approximate yield: 6 portions.

Vegetables

THE average homemaker is as interested in the "why" of cooking vegetables, as in the "how," for she is educated to the value of vegetables as good sources of minerals and vitamins. In addition to these virtues, she knows that vegetables contain protein and carbohydrates in the form of starch, sugar, cellulose or bulk in varying amounts. See page 940 for grouping of vegetables as to carbohydrate content. For cooking purposes, vegetables are grouped according to color; each group includes strong- and mild-flavored, and starchy and succulent vegetables.

Preparation of Vegetables. Vegetables to be eaten *raw* should be picked over, washed and crisped. A preliminary soaking in salted water helps draw out insects, if present in tightly headed vegetables. Prolonged soaking wilts or water-logs vegetables, and affects the flavor. Vegetables that are to be *cooked* should be picked over, scrubbed, washed and pared before cooking or peeled after cooking. If peeled after cooking, the nutriment is conserved. Cooking vegetables sliced or diced shortens the cooking period, but results in greater loss of minerals. Vegetables such as corn, peas and lima beans are sweeter if husked or shelled just before cooking. When it is necessary to keep perishable vegetables for some time, they may be parboiled for a few minutes to prevent changes, then cooked when ready to use.

THE object in cooking vegetables is to retain as much as possible of the nutriments and to either maintain or increase the palatability. Flavor is developed when the starch is cooked and the cellulose broken down. Overcooking not only destroys color and makes some vegetables "strong" and others comparatively tasteless, but it also destroys more of the vitamins.

Methods of cooking include *boiling*, *simmering*, *steaming*, *broiling* and *baking*. The right utensil is an aid in retaining nutriments. A heavy kettle with tightly fitting lid, of the waterless cooker or Dutch oven type, distributes and holds the heat and requires very little or no water to cook vegetables. A steamer cooks without added moisture and prevents loss of minerals. Cooking in parchment paper also preserves the minerals and is suitable for most mild-flavored vegetables. Vegetables that can be baked in a casserole and served in the same dish at the table retain all the minerals. A pressure cooker shortens the cooking period of dried legumes, but the high heat destroys more of the vitamins and this method should not be used for fresh vegetables.

Green vegetables include the leafy vegetables and green beans, peas, broccoli and Brussels sprouts. The green coloring is partially soluble in water and is destroyed by long cooking and by the presence of acid. Hard water or slightly alkaline water helps to retain the color. Soda, which is sometimes added to preserve and brighten the color, reduces the amount of vitamins such as B, C and G and is used at the sacrifice of nutriments. Cook green vegetables, uncovered, and as quickly as possible.

Yellow vegetables include carrots, corn, rutabagas or yellow turnip, squash and sweet potatoes. The color pigment is not affected by the reaction of water or by heat. These vegetables may be cooked, covered, preferably in a small amount of water, excepting rutabagas. They should be cooked until just tender.

428 *White* vegetables include both strong-flavored vegetables such as white cabbage, cauliflower and onions, and mild-flavored ones such as Irish potatoes. The white pigment, which is soluble, turns yellow with prolonged cooking or in the presence of very hard or alkaline water. A little lemon juice or vinegar helps to preserve the whiteness of the vegetable. If overcooked, vegetables become dark and strong.

Red vegetables are the common beet and red cabbage. Their coloring is soluble in water. Acid seems to "fix" the color, so about 1 tablespoon lemon juice or vinegar is usually added to each quart of water. Beets are cooked with their skins and stem ends left on to prevent "bleeding" or loss of color.

Frozen Vegetables. Quick-frozen vegetables are generally of excellent quality, ready to cook without defrosting. They are somewhat higher in cost than fresh vegetables, especially during the normal season, but there is no waste and no effort expended in preparing them.

Dried Vegetables. Dried vegetables such as peas, beans, lentils and dried mushrooms require soaking to restore water and soften them. They may be kept for long periods in a cool, dry place.

Canned Vegetables. Most commercially canned vegetables are cooked quickly to retain as much of the vitamins and minerals as possible. The juice in the can contains the soluble minerals and should be used in cooking, or served with the vegetables. Canned vegetables may be substituted for fresh in most recipes.

Service of Vegetables. Properly cooked vegetables are at their best seasoned with salt, pepper, melted butter or cream. Allow 1 to 2 tablespoons of butter per cup of vegetable. They may be prepared creamed, au gratin, or scalloped; pan-fried in a small amount of fat, deep-fat fried, or glazed with butter and sugar; used with stock or milk in soups; or used, diced or puréed, in soufflés, croquettes or timbales.

TABLE XIII

TIME-TABLE FOR BOILING¹ VEGETABLES

VEGETABLE	QUANTITY FOR 6 (AS PURCHASED)	BOILING		
		AMOUNT OF WATER ²	COOK COVERED OR UNCOVERED	TIME ³ (APPROXI- MATE)
Artichokes French	<i>pounds</i> 2-3 (3-6 chokes)	Water to cover	Uncovered	<i>minutes</i> 25-40
Jerusalem	1-1½	Water to cover	Uncovered	15-35
Asparagus	1½-2	Water to cover	Uncovered	10-20
Beans				
Green, wax	1¼-1½	Water to cover	Uncovered	15-30
Lima, fresh	3-3½	Water to cover	Uncovered	20-40
Lima, dried	½-1	Large amount	Covered	2-3 hr.
Navy, dried	½-1	Large amount	Covered	2-3 hr.
Beets				
New	1½-2 (2 bunches)	Water to cover	Covered	30-60
Mature		Large amount	Covered	1-2 hr.
Beet Greens	1-1½	Large amount	Uncovered	15-25
Broccoli	2½ (1 large bunch)	Large amount	Uncovered	10-30
Brussels Sprouts	1¼-1½	Large amount	Uncovered	10-15
Cabbage	2	Large amount	Uncovered	5-15
Carrots				
Young	1½ (12)	Small amount	Covered	10-20
Mature	1½ (6)	Water to cover		20-30
Cauliflower	3 (2 small heads)	Large amount	Uncovered	8-20
Celeraic	2 roots	Water to cover	Uncovered	10-30
Celery	3 small bunches	Water to cover	Uncovered	10-30
Chard, Swiss	1½-2	Almost none	Cover first	10-15
Chestnuts ⁴	1½-2	Water to cover	Covered	20-30
Chicory, French endive	1½	Large amount	Uncovered	20-30
Collards	3	Large amount	Uncovered	15-20

TABLE XIII—CONTINUED

TIME-TABLE FOR BOILING¹ VEGETABLES

VEGETABLE	QUANTITY FOR 6 (AS PURCHASED)	BOILING		
		AMOUNT OF WATER ²	COOK COVERED OR UNCOVERED	TIME ³ (APPROXI- MATE)
	<i>pounds</i>			<i>minutes</i>
Corn	6-12 ears	Water to cover	Covered	6-10
Cucumbers	2 large	Small amount	Uncovered	5-15
Dandelion greens	1-1½	Large amount	Uncovered	15-25
Dasheen	1½-2	Water to cover	Covered	15-30
Eggplant	2 small	Small amount	Covered	10-15
Endive, curly	2 heads	Large amount	Uncovered	15-25
Kale	1½-2	Water to cover	Uncovered	15-25
Kohlrabi	1½ (6 medium)	Large amount	Uncovered	25-35
Leeks	5 bunches	Large amount	Uncovered	15-20
Lentils, dried	½-1	Large amount	Covered	2-3 hr.
Lettuce	2 medium heads, 3 bunches	Almost no water or small amount	Cover first	5-10
Mushrooms ⁵	1-1½	Almost no water	Covered	5-8
Okra	1½	Water to cover	Uncovered	15-25
Onions, white	1½ (6-12 large)	Large amount	Uncovered	30-40
Scallions	2 bunches	Water to cover		8-15
Parsnips	1½	Water to cover	Uncovered	20-45
Peas	2½-3	Small amount	Uncovered	10-25
Peppers, green	6 large	Water to cover	Uncovered	parboil 5-10
Potatoes	1½-2	Water to cover	Covered	20-40
Radishes	2 bunches	Water to cover	Uncovered	15-20
Rutabagas	2 (2 small)	Large amount	Uncovered	20-45
Salsify	2 (1 bunch)	Water to cover	Covered	20-45
Soybeans, green ⁶	2	Water to cover	Uncovered	20-25
Spinach	1½-2	Almost no water	Cover first	8-10

CLASSIFICATION VEGETABLES

TABLE XIII—CONTINUED

431

TIME-TABLE FOR BOILING¹ VEGETABLES

VEGETABLE	QUANTITY FOR 6 (AS PURCHASED)	BOILING		
		AMOUNT OF WATER ²	COOK COVERED OR UN- COVERED	TIME ³ (APPROXI- MATE)
	<i>pounds</i>			<i>minutes</i>
Squash				
Summer	3-4 (6 medium)	Small amount	Covered	10-20
Winter	5-6 (1 medium)			20-25
Sweet Potatoes	3 (5-6 medium)	Water to cover	Covered	20-30
Tomatoes	1½ (6 medium)	Almost no water	Covered	5-20
Turnips	2 (2 bunches)	Large amount	Uncovered	15-45
Turnip Greens	1-1½	Large amount	Uncovered	20-30

¹For steaming vegetables, cook ¼ to ½ longer than the time indicated for boiling.

²For boiling vegetables, use freshly boiling salted water; add ½ teaspoon salt per pound of vegetable with small amount or almost no water; add ½ teaspoon salt for each quart of water with water to cover; and add 1 teaspoon salt for each quart of water, when large amounts of water are used.

³Cooking time varies according to age of vegetable and preparation; if sliced or diced, use shorter time; if stems are removed from leafy vegetables, use shorter time. Test frequently with fork and cook only until just tender.

⁴Chestnuts are shelled and blanched before boiling or steaming. See page 452 for directions.

⁵Mushrooms are frequently sautéed in small amount of butter 3 minutes, then simmered in own juices 3 to 5 minutes.

⁶Cook soybean pods 3 minutes before shelling.

VEGETABLES GROUPED AS TO PARTS OF PLANT

Roots and tubers—beets, carrots, celeriac, dasheen, Jerusalem artichoke, parsnips, potatoes (Irish and sweet), radishes, rutabagas, salsify, turnips

Bulbs—chives, garlic, leeks, onions

Stems—asparagus, celery, fennel, kohlrabi, rhubarb

Leaves—Brussels sprouts, cabbage, chard, chicory, cress, endive, kale, lettuce, parsley, spinach and other greens

Flowers—broccoli, cauliflower, globe artichoke

Fruit—chayote, cucumber, eggplant, okra, peppers, pumpkin, squash, tomatoes

Seeds and Pods—corn, green beans, kidney and lima beans, peas, soybeans

BOILED VEGETABLES

Prepare vegetables and boil in different amounts of water according to type. For amounts to use for each one, see individual recipes or Time-Table for Boiling Vegetables (page 429). With almost no water or a small amount, add $\frac{1}{2}$ teaspoon salt per pound of vegetable; with water to cover, add $\frac{1}{2}$ teaspoon salt per quart of water; and with a large amount of water, add 1 teaspoon salt per quart of water. To serve, drain, if necessary, add 1 to 2 tablespoons butter per cup of cooked vegetable, and salt and pepper to taste. The water in which vegetables are cooked contains soluble minerals and should be saved from all but the strongly flavored vegetables; concentrate and use in sauces or soups.

STEAMED VEGETABLES

Steaming conserves most of the nutriments of the vegetables. Many mild-flavored vegetables, such as carrots, beets, parsnips, potatoes, spinach, squash, sweet potatoes and wax beans can be cooked by steaming. Prepare vegetable and place in perforated part of steamer or put in strainer or colander, place over hot water and cover tightly. Steam until vegetables are just tender, allowing $\frac{1}{4}$ to $\frac{1}{3}$ longer than the time indicated in table for boiling (page 429). Salt just before or after cooking, adding $\frac{1}{3}$ to $\frac{1}{2}$ teaspoon salt for each pound. Season and serve as a boiled vegetable.

CREAMED VEGETABLES

2-3 cups cooked vegetables

1- $\frac{1}{2}$ cups Medium White Sauce
(page 91)

Small vegetables as peas and lima beans are used whole, others should be sliced or diced. Use one vegetable alone or a combination of 2 or more. Heat thoroughly in white sauce; serve plain, on toast or in patty cases or in rice or spaghetti ring. Cream Sauce (page 378) or Cheese Sauce (page 377) may be substituted for white sauce; additional seasonings as chopped parsley or pimiento may be added, if desired. Approximate yield: 4 to 6 portions.

VEGETABLES AU GRATIN

Turn Creamed Vegetables (see above) into greased casserole; sprinkle with $\frac{1}{2}$ cup buttered crumbs and bake in moderately hot oven (375° F.) for 10 to 15 minutes, or until crumbs are browned. One-fourth to $\frac{1}{2}$ cup grated cheese may be mixed with crumbs, if desired. Approximate yield: 4 to 6 portions.

SCALLOPED VEGETABLES

433

Use 2 to 3 cups cooked vegetables; arrange layer of hot cooked vegetables in bottom of greased casserole, cover with layer of Medium White Sauce (page 91), Cream Sauce (page 378), or Cheese Sauce (page 377); repeat until all vegetables and sauce are used. Top with $\frac{1}{2}$ cup buttered crumbs and bake in moderately hot oven (375° F.) for 10 to 15 minutes, or until crumbs are browned. Layers of sliced hard-cooked eggs may be included, if desired. Yield: 4 to 6 portions.

VEGETABLE COMBINATIONS

Interesting combinations of color, flavor and texture may be obtained by using 2 or more vegetables. This is an ideal way to use left-over cooked vegetables, but smaller amounts of raw vegetables may be freshly cooked and served together. Unless the vegetables chosen cook in the same way and in approximately the same time, cook them separately, and reheat together just before serving. Vegetable combinations may be used with only a seasoning of salt, pepper and melted butter, or creamed as Creamed Vegetables (page 432), Vegetable au Gratin (page 432), Scalloped Vegetables (see above) or in Vegetable Soufflé (page 434).

Some suggested combinations from which 2 or more vegetables may be chosen are:

- Beans, green—with mushrooms, onions, tomatoes, celery.
- Beans, lima—with corn, tomatoes, onions.
- Brussels sprouts—with chestnuts, celery.
- Cabbage—with lima beans, green peppers, tomatoes.
- Carrots—with peas, onions, celery.
- Cauliflower—with corn, mushrooms.
- Celery—with peas, beans, parsnips, mushrooms.
- Corn—with tomatoes, eggplant, green peppers.
- Eggplant—with tomatoes, green peppers, mushrooms.
- Parsnips—with tomatoes, celery.
- Peas—with carrots, onions, celery, potatoes, cucumbers, turnips.
- Potatoes—with peas, onions.
- Spinach—as ring or nest for almost any vegetable.
- Squash—with tomatoes, corn.
- Tomatoes—with beans, onions, mushrooms, corn, eggplant, parsnips, green peppers, cabbage.
- Turnips—with peas.

VEGETABLE SHORTCAKES

Serve Creamed Vegetables (page 432) between halves and over tops of 6 buttered hot baking powder biscuits or squares of hot cornbread. Sprinkle with paprika and garnish with parsley. Approximate yield: 4 to 6 portions.

VEGETABLE SOUFFLÉ

3 eggs, separated

½ cup Thick White Sauce (page 91)

1 cup chopped, cooked vegetables

Beat yolks until thick and lemon colored, stir into white sauce, and add vegetables. Fold in stiffly beaten egg whites and turn into greased casserole. Set in pan of hot water and bake in moderate oven (350° F.) about 50 minutes. With vegetable purée or finely chopped vegetable, use Medium White Sauce (page 91); vegetable may be increased to 2 cups if desired. Serve at once with Cream Sauce (page 378) or Cheese Sauce (page 377) if desired. Yield: 4 to 6 portions.

UPSIDE-DOWN VEGETABLE CAKE

2 cups sifted flour

1 cup milk

3 teaspoons baking powder

4 cups mixed vegetables (carrots, peas, celery, lima beans)

½ teaspoon salt

¼ cup shortening

¼ cup vegetable stock

1 egg, well beaten

2 tablespoons butter

Mushroom Sauce (page 379)

Mix and sift dry ingredients; cut in shortening. Combine egg and milk; add to dry ingredients, stirring until mixed. Arrange hot seasoned vegetables in bottom of greased shallow baking pan, add vegetable stock, cover with butter and bake in hot oven (425° F.) for 20 to 25 minutes. Turn out on hot serving plate with vegetables on top and serve with mushroom sauce. Approximate yield: 6 portions.

BOILED JERUSALEM ARTICHOKEs

Jerusalem artichokes are tubers like the potato, but sweeter and more watery. Scrub with brush, pare as thin as possible, or pare after cooking. Drop in rapidly boiling water to cover and cook, uncovered, 15 to 35 minutes, or until tender. Drain, season with melted butter, or pickle with vinegar. Jerusalem artichokes may also be eaten raw with salt, like radishes. Allow 1 to 1¼ pounds for 6 portions.

BOILED FRENCH OR GLOBE ARTICHOKES

Wash artichokes; remove discolored outer leaves, cut off stem about $\frac{1}{2}$ inch below base of leaves. Drop in rapidly boiling salted water to cover and cook, uncovered, 25 to 40 minutes, or until tender; drain upside down. Serve whole or in half with individual dishes of melted butter, Tartar Sauce (page 389), mayonnaise, French Dressing (page 530), or Hollandaise Sauce (page 385). To eat: pull off a leaf, dip large end in sauce, and eat only the white fleshy part, discarding the rest. When all leaves are eaten, cut or scoop hairy growth or "choke" from the choice bottom or heart and discard; then eat heart with fork. When only $\frac{1}{2}$ artichoke is served, the choke is usually removed before serving. Allow $\frac{1}{2}$ to 1 medium-sized artichoke per portion.

ITALIAN ARTICHOKES

3 small artichokes	salt and pepper
3 tablespoons olive oil	6 eggs, slightly beaten
	grated Parmesan cheese

Wash artichokes, trim closely, removing tough upper portions of petals; cut in halves, remove chokes and cut lengthwise in thin strips; cook in oil until wilted and somewhat softened. Season with salt and pepper, cover and cook slowly about 20 minutes, or until artichokes are tender, adding a little water if necessary to keep from browning. Add eggs and cook, stirring frequently, until eggs are set. Sprinkle with cheese and serve at once. Approximate yield: 6 portions.

STUFFED ARTICHOKES

6 medium-sized artichokes	1 $\frac{1}{2}$ cups chopped chicken
1 $\frac{1}{2}$ tablespoons chopped green pepper	2 eggs, slightly beaten
	$\frac{3}{4}$ teaspoon celery salt
3 tablespoons shortening	salt and pepper
$\frac{3}{4}$ cup fine, stale bread crumbs	1 $\frac{1}{2}$ cups chicken stock
	Cream Sauce (page 378)

Boil artichokes (see above) until almost tender; spread leaves and remove chokes. Cook green pepper in butter until soft but not browned, add crumbs, chicken and eggs, season with salt and pepper and moisten with $\frac{1}{2}$ cup stock. Fill artichokes with chicken mixture, tie so they will not spread; place in casserole and pour remaining stock around them. Cover and bake in moderately hot oven (375° F.) about 40 minutes. Serve with cream sauce using part cream and liquid remaining in pan. If desired, artichokes may be cut in halves and centers stuffed. Approximate yield: 6 portions.

BOILED ASPARAGUS

Use only tips and tender part of stalks, and snap off tender portions; the tough white ends may be pared, cut, and creamed or used in soups. Scrub with brush, wash and remove scales, if desired. To cook whole, tie loosely in bunch, place in rapidly boiling salted water to cover, and cook, uncovered, 10 to 20 minutes, or until tender. If desired, stand bunch upright during first 10 minutes, then immerse rest of stalks, or cook in top of large double boiler over direct flame, or in special asparagus cooker. Lift bunch from kettle; drain; serve hot, stalks parallel, with melted butter, or desired vegetable sauce poured over top. To cook in pieces, cut stalks in 1-inch lengths, and cook, uncovered, in boiling salted water to cover 15 to 20 minutes. Drain, season and serve as desired. Allow 5 to 7 stalks or $\frac{1}{4}$ pound per portion; 1 pound, cut in pieces, yields 2 cups cooked asparagus.

ASPARAGUS TIPS

Arrange 5 to 7 tips on each of 6 pieces of buttered or plain hot toast and serve in one of the following ways:

Asparagus à la Jean—Serve with sauce of $\frac{1}{2}$ cup melted butter, 2 tablespoons chopped pecans, 1 teaspoon lemon juice, $\frac{1}{4}$ teaspoon salt and dash of pepper.

Sprew of Asparagus—Cook asparagus stalks separately from tips; mash stalks, mix with 3 tablespoons melted butter or Hollandaise Sauce (page 385), and spread on toast before arranging tips. Serve with melted butter or Hollandaise Sauce.

Asparagus Parisienne—Serve with sauce made as follows: put $\frac{1}{2}$ head chicory or French endive, 1 small onion and 1 small head lettuce through food chopper, using coarse knife. Add to 1 cup thin Velouté Sauce (page 380) and simmer gently 15 to 20 minutes.

BAKED ASPARAGUS

2 pounds asparagus	2 cups Medium White Sauce
2 tablespoons chopped green pepper	(page 91)
6 hard-cooked eggs, sliced	$\frac{1}{2}$ cup buttered crumbs

Boil asparagus (see above); add peppers to white sauce. Arrange layer of asparagus in bottom of greased casserole, cover generously with sauce, and add layer of egg slices; repeat until dish is full. Cover with buttered crumbs and bake in moderate oven (350° F.) for 20 minutes. Approximate yield: 6 portions.



GOOD VEGETABLE COOKERS SAVE FLAVOR AND FUEL

Top Left: A three-sectioned, aluminum vegetable cooker allows three vegetables to cook at one time over one burner. Pots are removable and may be used separately.

Bottom Left: Parchment paper keeps in the juices and prevents intermingling of flavors when vegetables are cooked together in one kettle.

Right: Asparagus stands upright in this aluminum asparagus steamer. The stalks rest in boiling water and the tender tips are cooked in steam.

ASPARAGUS LOAF

4 eggs, well beaten	1 cup Thick White Sauce
½ cup chopped, cooked chicken or sweetbreads	(page 91) asparagus tips

Add eggs and chicken to white sauce; turn into greased baking dish that has been lined with asparagus tips, set in pan of hot water and bake in slow oven (300° F.) for 30 to 40 minutes, or until center is firm. Serve with cream sauce. Approximate yield: 6 portions.

FRENCH FRIED ASPARAGUS

1 bunch asparagus	½ cup grated American cheese
1 cup Thick White Sauce (page 91)	1 egg, beaten
	1 tablespoon water
½ cup fine bread crumbs	

Steam asparagus (page 432), cool, and roll each stalk in sauce, then in grated cheese and let stand until cold. Dip coated asparagus in mixture of egg and water, roll in crumbs and fry in hot deep fat (380° F.) for 4 to 6 minutes, or until delicately browned. Approximate yield: 4 to 6 portions.

BOILED SNAP BEANS

Use either green or wax (yellow) beans. Break off both ends, pull off strings if present and leave whole, or cut or break into 1-inch pieces, or cut in julienne strips. Cook, uncovered, in boiling salted water to cover 15 to 30 minutes, or until just tender. Drain and season. Small bits of bacon, salt pork or ham may be cooked with beans, if desired. Allow ¼ pound per portion; one pound, cut in pieces, yields approximately 3 cups cooked beans.

MODIFICATIONS OF BOILED SNAP BEANS

(Use recipe above)

Sautéed String Beans—Cut 1½ pounds beans in julienne strips, boil and drain. Sauté in ¼ cup butter 5 minutes, stirring frequently; season to taste with salt and pepper. Approximate yield: 6 portions.

String Beans with Garlic—Add 1 small clove garlic to water in which beans are cooked. Season with butter, salt and pepper.

STRING BEANS WITH TOMATOES

439

2 medium-sized onions, chopped	2 whole cloves
2 tablespoons butter	2 teaspoons sugar
2 cups canned tomatoes	1 pound string beans, cut in 1½-inch pieces
1 teaspoon salt	
¼ teaspoon pepper	

Sauté onion in butter 5 minutes, or until lightly browned. Add tomatoes, seasonings, and sugar, and bring to a boil. Add beans and cook 20 to 30 minutes, or until beans are tender. Yield: 6 portions.

CHOW TAO

1½ pounds string beans	1 tablespoon fat
½ pound pork, thinly sliced	salt and pepper
1 teaspoon chopped raw ginger	soy sauce

Break beans in 1½-inch pieces and boil 10 minutes. Fry pork and ginger until browned, add to beans and cook slowly 15 minutes longer. Serve with soy sauce. Approximate yield: 6 portions.

BOILED LIMA BEANS

Shell beans and wash in cold water. Cook, uncovered, in boiling salted water to cover 20 to 40 minutes, or until just tender. Drain and season with salt, pepper and butter or cream, as desired. Allow ½ to ¾ pound beans in shell or ¼ to ⅓ pound shelled beans per portion.

LIMA BEAN LOAF

2 cups cooked lima beans	¼ teaspoon pepper
1 cup bread crumbs	¼ cup chopped onion
2 tablespoons melted butter	½ cup chopped nut meats
2 tablespoons chopped green pepper	2 eggs, well beaten
½ teaspoon salt	½ cup thin cream
	parsley

Combine ingredients, mixing thoroughly. Turn into well-greased loaf pan and bake in moderate oven (350° F.) about 1 hour, basting frequently with meat stock or hot water in which a little butter has been melted. Garnish with parsley. Approximate yield: 6 portions.

BOILED DRIED BEANS

These include a number of varieties but the kidney, lima, yellow-eye, black, soy, and pea, or navy beans are most frequently used. Look over beans, rejecting imperfect ones, wash, cover with fresh cold water and soak overnight; then drain. Cook covered, in large amount of boiling salted water 2 to 3 hours, or until tender. For soy beans, cook 4 to 6 hours. Small pieces of salt pork, sausage, bacon or a ham bone may be cooked with beans. Drain and season with salt and pepper. If meat is used, serve cooked meat on top of beans. One cup dried beans yields 2 to 3 cups cooked beans, depending on size.

NEW ENGLAND BAKED BEANS

1 quart pea or navy beans	¼ cup dark molasses
½ pound fat salt pork	½ teaspoon dry mustard
2 teaspoons salt	½ teaspoon Worcestershire sauce
1 tablespoon brown sugar	boiling water

Wash and soak beans in cold water overnight; drain, cover with fresh water and cook slowly until skins break. To test: take a few beans on tip of spoon and blow on them gently; if skins break and curl back, they are sufficiently cooked. Turn beans into bean pot. Pour boiling water over pork, scrape rind until white, score in ½-inch strips and press into top of beans, leaving only rind exposed. Mix salt, brown sugar, molasses, mustard and Worcestershire sauce; add 1 cup boiling water and pour over beans. Add additional water to cover beans, if necessary. Cover and bake in slow oven (250°–300° F.) for 6 to 8 hours, adding additional water to keep beans just covered; uncover during last ½ hour to brown pork and beans. One small onion may be placed in bottom of bean pot. Yield: 6 to 8 portions.

MODIFICATIONS OF NEW ENGLAND BAKED BEANS

Baked Lima Beans—Substitute dried lima beans for pea beans.

Baked Kidney Beans—Substitute dried kidney beans for pea beans; substitute ½ cup tomato ketchup for water, if desired.

Idaho Baked Beans—Add ½ green or red pepper, finely chopped.

St. Johnsbury Maple Beans—Substitute ½ cup maple syrup or 3 tablespoons maple sugar for brown sugar and molasses.

Lima Beans and Sausage—Arrange parboiled beans and uncooked sausage in alternate layers; substitute 1 can tomato soup for molasses and part of water.

BAKED BEAN CASSEROLE

441

2 cans (No. 1 tall) baked beans	salt and pepper
6 onions, sliced	6 small tomatoes, sliced
	6 slices bacon

Place alternate layers of beans, onions and tomatoes in greased casserole, making the last layer tomatoes. Sprinkle each layer of vegetables with salt and pepper. Lay slices of bacon over tomatoes and bake in a moderate oven (350° F.) for 25 minutes. Yield: 4 to 6 portions.

AZTEC BAKED BEANS

3 cups canned red kidney beans	dash of pepper
1½ cups canned tomatoes	¾ teaspoon mustard
1 pimiento, minced	¾ teaspoon curry powder
¼ cup deviled ham	1½ tablespoons molasses
1 medium-sized onion, minced	1½ tablespoons sugar
¾ teaspoon salt	6 strips thinly sliced bacon

Mix all ingredients except bacon; turn into greased casserole, arrange bacon on top and bake in moderate oven (350° F.) about 30 minutes, or until bacon is crisp. Approximate yield: 6 portions.

CHILI CON CARNE

1 onion, diced	1 pound hamburger
1 tablespoon fat	2 cups canned red kidney beans
2 cups canned tomatoes	½ teaspoon chili powder
	1 teaspoon salt

Sauté onion in fat until browned; add tomatoes, meat, beans and seasonings; cover and simmer 20 minutes, adding water if mixture seems dry. Approximate yield: 6 portions.

MODIFICATIONS OF CHILI CON CARNE

(Use recipe above)

Lima Bean Chili—Substitute canned lima beans for red kidney beans.

Economy Stew—Sauté 3 tablespoons chopped green pepper with onion; omit chili powder. Turn into greased casserole, sprinkle with ¼ cup each buttered crumbs and grated cheese; bake in hot oven (400° F.) about 10 minutes, or until cheese and crumbs are browned.

BOILED BEETS

Cut off tops about 2 inches above roots. Wash beets thoroughly. If tops are young and tender, they may be washed and cooked separately as greens; tiny beets are often cooked with leaves attached. For young beets, with or without tops, cook, covered, in boiling salted water to cover 30 to 60 minutes, or until tender. For mature beets, use a large amount of water and cook 1 to 2 hours. When beets are tender, plunge into cold water and rub off skins. Serve small beets whole, and slice or dice large beets; reheat and season as desired. Allow $\frac{1}{4}$ to $\frac{1}{3}$ pound topped beets per portion; 1 pound yields about 2 cups diced, cooked beets.

MODIFICATIONS OF BOILED BEETS

Use 2 bunches or $1\frac{1}{2}$ to 2 pounds beets for 6 portions; cook and serve whole, sliced or diced in one of the following ways:

Vinegar Beets—Combine $\frac{1}{3}$ cup each water and vinegar, $\frac{1}{2}$ teaspoon salt, $\frac{1}{8}$ teaspoon pepper and 1 teaspoon sugar; pour over 3 cups sliced hot beets and let stand until cold.

Deviled Beets—Heat 3 tablespoons melted butter, 2 tablespoons vinegar, $\frac{1}{2}$ teaspoon salt, $\frac{1}{4}$ teaspoon each paprika and mustard, 1 tablespoon powdered sugar and 1 teaspoon Worcestershire; pour over 3 cups diced, cooked beets and serve hot.

Sliced Beets in Sour Sauce—Use 2 tablespoons each butter and flour, and $\frac{3}{4}$ cup beet liquor, and prepare as for Medium White Sauce (page 91); add $\frac{1}{2}$ teaspoon salt, dash of pepper, 2 tablespoons sugar and $\frac{1}{4}$ cup vinegar, and bring to a boil; pour hot sauce over sliced beets.

Harvard Beets—Use 3 tablespoons butter, $\frac{3}{4}$ tablespoon cornstarch, $\frac{1}{2}$ teaspoon salt, $2\frac{1}{4}$ tablespoons sugar and $\frac{3}{4}$ cup vinegar, and prepare as for Medium White Sauce (page 91); add 12 to 14 medium-sized beets and heat thoroughly.

Beets in Orange Sauce—Use 1 tablespoon each butter and flour, $\frac{1}{8}$ teaspoon salt, dash of paprika, $\frac{1}{2}$ tablespoon brown sugar, and $\frac{1}{4}$ cup water; prepare as for White Sauce (page 91). Add $\frac{1}{8}$ teaspoon grated orange rind, $\frac{1}{2}$ cup orange juice and 3 cups sliced beets, and heat thoroughly.

STUFFED BAKED BEETS

443

6 medium-sized beets	1½ cups soft bread crumbs
salt, pepper and celery salt	1½ cups grated American cheese
	paprika

Boil beets until tender (page 442); peel and scoop shallow cavity from top of each; sprinkle cavity with seasonings. Cut slice from bottom so beets will stand level; place in greased baking pan. Fill each cavity with mixture of crumbs and ½ the cheese, sprinkle generously with remaining cheese and paprika, and bake in moderately hot oven (375° F.) about 20 minutes, or until cheese is melted and lightly browned. Approximate yield: 6 portions.

SCALLOPED BEETS

3 tablespoons flour	½ cup vinegar
2 tablespoons melted fat	4 teaspoons sugar
1 cup water	2 cups sliced, cooked beets
6 tablespoons lemon juice	6 bacon strips

Mix flour into fat, gradually add water, lemon juice and vinegar, stirring until smooth; add sugar and cook until thickened, stirring frequently. Arrange beets in greased baking dish, pour sauce over them, and lay strips of bacon on top. Bake in hot oven (400° F.) for 15 to 20 minutes, or until bacon is crisp. Approximate yield: 6 portions.

BEET BASKETS

6 medium-sized beets	1 tablespoon chopped onion
1 cup chopped, cooked beet greens	½ teaspoon salt
1 hard-cooked egg, chopped	¼ teaspoon pepper
1 slice bacon, diced	1 tablespoon butter, melted
	parsley

Boil beets (page 442); scoop out centers to form baskets. Chop centers and mix with greens and egg. Pan-broil bacon and add to beet greens with onion, salt, pepper and butter. Heap mixture into beet baskets; garnish with parsley. Serve hot. Yield: 6 portions.

BOILED BROCCOLI

Cut off all large leaves; peel woody outer skin of main stem. If stems are large, split into pieces for serving. Cook, uncovered, in large amount of boiling salted water 10 to 30 minutes, or until just tender. Drain; season with salt, pepper and melted butter. Or serve with Cheese Sauce (page 377), Butter and Lemon Sauce (page 383), Hollandaise Sauce (page 385), or Crumb Sauce (page 384). Allow about $\frac{1}{2}$ pound per portion.

MODIFICATIONS OF BOILED BROCCOLI

(Use recipe above)

Italian Broccoli—Cook broccoli until almost tender; drain and sauté lightly in hot olive oil until delicately browned. Sprinkle with Parmesan cheese.

Broccoli and Chicken Casserole—Arrange broccoli in greased casserole, cover with layer of cooked chicken, then with Cream Sauce (page 378) flavored with 2 tablespoons sherry, and sprinkle with grated Parmesan cheese. Bake in moderate oven (350° F.) for 10 to 15 minutes, or until cheese is browned.

ITALIAN SOUFFLÉ

Use recipe for Vegetable Soufflé (page 434), using $\frac{3}{4}$ cup chopped, cooked broccoli and $\frac{1}{4}$ cup grated Parmesan cheese.

BOILED BRUSSELS SPROUTS

Remove wilted leaves and let stand about 30 minutes, head down, in cold salted water (1 teaspoon to 1 quart) to draw out insects; wash well. Cook, uncovered, in large amount of boiling salted water 10 to 15 minutes, or until just tender. Drain, season and serve as desired. Allow 1 quart ($1\frac{1}{4}$ to $1\frac{1}{2}$ pounds) for 6 portions.

BRUSSELS SPROUTS LYONNAISE

Sauté 1 medium-sized onion, diced, in 3 tablespoons bacon fat; add $\frac{1}{4}$ cup bouillon and 1 quart boiled Brussels sprouts (see above); season to taste with salt and paprika. Simmer, stirring frequently, until bouillon has evaporated; sprinkle with 3 tablespoons chopped parsley and serve very hot. Approximate yield: 6 portions.

SPROUTS À LA BRIGOULE

445

1 quart Brussels sprouts	¼ cup chopped celery
½ cup chopped carrots	1½ cups bouillon
¼ cup chopped onion	3 tablespoons butter
½ cup chopped, cooked chestnuts	salt and pepper
(page 452)	2 thin slices lemon, cut in quarters

Cook Brussels sprouts (page 444); arrange in greased casserole; add vegetables and chestnuts to bouillon and cook 10 minutes; add butter, season to taste, and add lemon. Pour vegetable mixture over sprouts and bake in moderate oven (350° F.) for 30 minutes. Approximate yield: 6 portions.

BOILED CABBAGE

Remove outer wilted leaves; cut in quarters, or chop or shred as desired. Cook, uncovered, in large amount of boiling salted water 5 to 15 minutes, or until just tender. To preserve color of red cabbage, add 1 tablespoon vinegar or 1 apple, peeled and quartered, for each cup cabbage. Overcooking develops a strong, undesirable flavor. Drain, season and serve as desired. Allow about 2 pounds cabbage for 6 portions. One pound yields about 3½ cups shredded raw, or 2½ cups cooked cabbage.

BAKED RED CABBAGE

1 small head red cabbage	2 tablespoons sugar
½ cup seedless grapes	¾ teaspoon salt
2 cooking apples, pared and sliced	⅓ cup claret
1 small onion, chopped	¾ tablespoon butter
	¾ tablespoon flour

Shred and boil cabbage (see above); drain, reserving 1 cup liquid. Place layer of cabbage in buttered baking dish. Combine grapes, apples, onion, sugar and salt, and arrange in alternate layers with cabbage, making top layer cabbage. Add cabbage liquid and claret, and dot with butter. Cover and bake in moderately hot oven (375° F.) for 1 hour. Shake flour over top, mix lightly with fork and bake 15 minutes longer. Approximate yield: 6 portions.

MODIFICATIONS OF BOILED CABBAGE

(Use recipe on page 445)

Buttered Cabbage—To each cup boiled cabbage, add $1\frac{1}{2}$ tablespoons melted butter, stirring until cabbage is well coated with butter.

Sautéed Cabbage—Pan-broil 2 slices bacon, diced, until crisp; add 3 cups boiled cabbage and continue cooking until cabbage is lightly browned. Serve with melted butter and vinegar; garnish with sliced hard-cooked eggs. Approximate yield: 6 portions.

Norwegian Creamed Cabbage—To 3 cups shredded, cooked cabbage, add $\frac{1}{2}$ cup sour cream and $\frac{1}{2}$ teaspoon caraway seeds; season to taste with salt and pepper. Cook over hot water 10 minutes. Approximate yield: 6 portions.

German Cabbage—Reheat 4 cups cooked, shredded cabbage with 2 tablespoons butter, 1 tablespoon chopped onion, 2 tablespoons vinegar and 1 tablespoon sugar. Approximate yield: 6 portions.

Dutch Cabbage—To 1 medium-sized head cabbage, shredded and cooked, add mixture of 2 beaten eggs, 1 tablespoon melted butter, $\frac{1}{2}$ teaspoon salt, dash of pepper and $\frac{1}{4}$ cup heavy cream. Turn into greased casserole and bake in moderately hot oven (375° F.) about 20 minutes, or until lightly browned. Approximate yield: 6 portions.

New England Cabbage—Pan-broil 18 small link sausages until crisp and brown; remove sausages and pour off all but 2 tablespoons fat. Add 3 cups shredded, cooked cabbage and sauté 5 minutes or until lightly browned, stirring constantly. Serve on hot platter; garnish with sausages. Approximate yield: 6 portions.

SCALLOPED CABBAGE AND CELERY

3 tablespoons butter	dash of pepper
$\frac{1}{2}$ cup chopped raw celery	1 cup Medium White Sauce
3 cups chopped raw cabbage	(page 91)
$\frac{1}{2}$ teaspoon salt	$\frac{1}{4}$ cup fine bread crumbs
1 tablespoon chopped pimiento	

Melt butter in frying pan, add celery, cover and cook slowly over a low flame 10 minutes, stirring frequently; add cabbage and cook 10 minutes longer. Turn into greased baking dish, add salt, pepper and hot white sauce, top with buttered crumbs and bake in moderate oven (350° F.) for 15 minutes. Approximate yield: 6 portions.

CABBAGE AND SCRAPPLE

447

1 small head cabbage	2 tablespoons ketchup
½ pound scrapple	½ cup minced left-over vegetable
1 teaspoon salt	or meat
1 tablespoon chili sauce	⅓ cup cream or milk (about)
6 strips lean bacon	

Line a greased deep casserole with outer leaves of cabbage head. Core and chop remaining cabbage with scrapple until quite fine. Add seasonings, vegetables or meat, moisten with cream, and fill center of casserole. Arrange bacon over top and bake in moderately hot oven (375° F.) for 20 to 30 minutes, or until thoroughly heated and bacon is crisp. Approximate yield: 6 portions.

CABBAGE AND TOMATO CASSEROLE

1 small onion, minced	3 cups cooked cabbage
¼ cup butter	1 cup grated American cheese
1 cup Tomato Sauce (page 382)	1 cup dry bread crumbs
2 tablespoons chopped green pepper	

Sauté onion in 2 tablespoons butter 5 minutes; add to tomato sauce. Arrange alternate layers of cabbage and sauce in greased casserole, sprinkling each layer of cabbage with cheese, crumbs and green pepper. Top with crumbs, dot with remaining butter and bake in hot oven (400° F.) about 25 minutes, or until thoroughly heated and slightly browned. Approximate yield: 6 portions.

STUFFED CABBAGE LEAVES

1½ pounds veal	⅓ cup butter
3 sprigs fresh dill	½ cup sour cream
¾ cup rice	½ cup milk
3 tablespoons minced onion	salt and pepper
12 large cabbage leaves	1 tablespoon ketchup

Stew meat until tender (page 243) in water to which dill has been added; reserve broth, cool and grind meat; add rice and onion to meat. Wilt cabbage leaves by pouring boiling water over them; fill each with veal-rice mixture, fold over and tie securely. Brown cabbage rolls in butter on all sides, place in lightly greased casserole, pour reserved broth over them, cover and bake in moderately slow oven (325° F.) about 2 hours. Combine sour cream, milk, seasonings and ketchup, heat and use as sauce to serve with rolls. Yield: 6 portions.

VEGETABLES [CARROTS]

448

BOILED CARROTS

Cut off tops, scrape, wash and cut in strips or slices; if young carrots are to be served whole, skins may be left on and scraped after cooking to save minerals. Cook, covered, in boiling salted water to cover 10 to 20 minutes for young carrots; 20 to 30 minutes for winter carrots. Drain, season and serve as desired. Allow $\frac{1}{2}$ pound carrots per portion. One pound topped carrots yields about $2\frac{1}{2}$ cups raw or 2 cups cooked, diced carrots.

MODIFICATIONS OF BOILED CARROTS

Riced Carrots—Put 6 medium-sized carrots through potato ricer, add 2 tablespoons butter and season to taste with salt and pepper. Approximate yield: 6 portions.

Glazed Carrots—Cook $\frac{1}{2}$ cup brown sugar, $\frac{1}{4}$ cup butter and $\frac{1}{4}$ cup hot water together for 5 minutes. Brush syrup over 24 small cooked whole carrots and bake in moderately hot oven (375° F.) about 20 minutes, or until browned, basting occasionally with remaining syrup. Approximate yield: 6 portions.

Carrots with Peanut Butter—Add 1 tablespoon peanut butter to 1 cup Medium White Sauce (page 91); combine with 2 cups cooked, diced carrots. Approximate yield 6 portions.

Carrots à la Bourguignonne—Sauté 2 diced onions in 2 tablespoons butter 5 minutes. Roll 12 carrots, sliced lengthwise, in $\frac{1}{4}$ cup flour; add to onions and cook until flour is browned. Add 1 cup bouillon, season with salt and pepper to taste and simmer 30 minutes. Approximate yield: 6 portions.

CARROT-WALNUT LOAF

$1\frac{1}{2}$ cups canned or cooked peas	$1\frac{1}{2}$ cups milk
$1\frac{1}{2}$ cups chopped, cooked carrots	$1\frac{1}{2}$ tablespoons melted butter
$\frac{3}{4}$ cup chopped walnuts	3 eggs, well beaten
$\frac{1}{4}$ cup minced onion	$1\frac{1}{2}$ teaspoons salt
$1\frac{1}{2}$ -cups soft bread crumbs	$\frac{1}{8}$ teaspoon pepper

Tomato Sauce (page 382)

Mix ingredients; pack into greased loaf pan and bake in moderate oven (350° F.) for 1 hour. Serve with sauce. Yield: 6 portions.

BOILED CAULIFLOWER

449

Remove leaves and stalk; separate into flowerets, if desired. Soak about 20 minutes, head down, in cold salted water (1 teaspoon to 1 quart) to remove insects, if present. Cook, uncovered, in large amount of boiling salted water 8 to 20 minutes, or until just tender; drain. Serve with melted butter, Cheese Sauce (page 377), Cream Sauce (page 378) or Hollandaise Sauce (page 385). Allow 2 small or 1 large head for 6 portions. A 2-pound head yields 3 cups cooked cauliflower.

Cauliflower stems which are often discarded may be peeled, diced and cooked until tender. Serve as Creamed Vegetables (page 432) or Vegetables au Gratin (page 432). Use 3 cups diced cauliflower and 1½ cups sauce for 6 portions.

MODIFICATIONS OF BOILED CAULIFLOWER

Cauliflower Polinaise—Spread Crumb Sauce (page 384) over top of cauliflower; place in hot oven (425° F.) long enough to brown crumbs.

Curried Cauliflower—To 1 cup Brown Sauce (page 378) add 1 small onion sautéed in fat for 5 minutes, ½ teaspoon curry powder and few drops kitchen bouquet. Serve over cauliflower.

Cauliflower à la Créole—Add 1 teaspoon prepared mustard and 1 tablespoon sautéed minced onion to Tomato Sauce (page 382). Add 1 medium head cooked cauliflower, separated into flowerets, and heat in sauce 5 minutes. Approximate yield: 6 portions.

Cauliflower with Mustard Sauce—Add 2 tablespoons piccalilli to Mustard Sauce (page 377). Serve over whole cooked cauliflower.

French Fried Cauliflower—Dip cauliflower flowerets into Cover Batter (page 699) and fry in hot deep fat (380° F.) for 3-4 minutes, or until delicately browned.

CAULIFLOWER FRITTERS

1 cup sifted flour	¾ cup chopped, cooked cauliflower
1 teaspoon baking powder	1 egg, beaten
½ teaspoon salt	½ cup milk
dash of mace	2 tablespoons shortening, melted

Mix and sift dry ingredients; add cauliflower. Combine egg, milk and melted butter; add to flour mixture and mix until smooth. Fry by spoonfuls in hot deep fat (350°-365° F.) 3 to 5 minutes or until golden brown; drain. Approximate yield: 6 portions.

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STUFFED CAULIFLOWER

1 large head cauliflower	6 mushrooms, chopped
1 teaspoon capers	1½ cups Cream Sauce (page 378)
½ cup fine bread crumbs	½ cup grated American cheese

Boil whole cauliflower (page 449) until almost tender; place in baking dish in which it is to be served, cutting thin slice off top, if necessary to keep it level; remove center stalk and small portion of stems. Stuff with mixture of capers, bread crumbs and mushrooms moistened with a little cream sauce. Pour remaining sauce over all, sprinkle thickly with cheese and bake in moderate oven (350° F.) about 20 minutes, or until browned. Approximate yield: 6 portions.

BOILED CELERIAC

Celeriac, celery root or knob celery, is a variety of celery with a large turnip-like root. It is often served raw, sliced and seasoned with salt and vinegar as a relish. To cook, cut away leaves and root fibers, pare and slice or dice. Cook as celery 10 to 30 minutes, or until just tender; drain. Serve with seasonings and melted butter, with Hollandaise Sauce (page 385), or as Creamed Vegetables (page 432). Allow 3 to 4 roots for 6 portions.

BOILED CELERY

Cut off roots and leaves, separate stalks and scrub thoroughly with brush; scrape outer stalks to remove coarse fibers; cut in pieces of desired size, usually from 1 to 4 inches, splitting wider stalks. Cook, covered, in boiling salted water to cover 10 to 30 minutes, or until tender. Serve with melted butter, adding a little chopped parsley and pimiento, if desired, to improve the color, or with Cream Sauce (page 378). Allow ½ small bunch per portion; a 1½-pound bunch yields about 3 cups raw, or 2 cups cooked sliced celery.

MODIFICATIONS OF BOILED CELERY

Italian Celery—Melt 2 tablespoons butter, add 1 tablespoon minced ham, ½ cup meat stock, bring to a boil, then pour over 1 beaten egg yolk mixed with 2 tablespoons cheese; cook until sauce thickens slightly; add 2 cups cooked celery. Pour over 6 rounds buttered toast, set in hot oven about 1 minute and serve. Approximate yield: 6 portions.

False Braised Celery—Use 3 bunches celery; cut stalks in halves lengthwise. To 1 cup Velouté Sauce (page 380), add 1 tablespoon brandy and serve over cooked celery. Approximate yield: 6 portions.

BRAISED CELERY

Cut celery stalks in 3- to 4-inch lengths; prepare 36 to 40 lengths. Sauté in 3 tablespoons butter in heavy frying pan until delicately browned and somewhat tender, stirring occasionally. Add $\frac{3}{4}$ cup meat stock or $\frac{3}{4}$ cup water and 1 bouillon cube, and continue cooking until celery is tender and stock reduced to about $\frac{1}{4}$ cup. Approximate yield: 6 portions.

FRENCH FRIED CELERY

Cut celery stalks in 3-inch lengths, allowing 4 lengths per portion; parboil and drain. Marinate 5 minutes in vinegar and salt ($\frac{1}{4}$ teaspoon salt to $\frac{1}{2}$ cup vinegar); dry thoroughly. Dip in Cover Batter (page 699) and fry in hot deep fat (380° F.) for 3 to 5 minutes, or until golden brown. Serve with Tomato Sauce (page 382) with veal or fish.

BOILED CHAYOTE

Chayotes are a type of squash grown chiefly in Mexico and South America. They are pear-shaped, chalky white to pale green in color with white, firm, non-fibrous flesh and one large edible seed. Slice crosswise through seed in $\frac{3}{4}$ -inch slices; pare before or after cooking. Cook, covered, in small amount of boiling salted water about 20 minutes, or until just tender; drain. Serve with melted butter, Cream Sauce (page 378) or Tomato Sauce (page 382). Allow 1 chayote weighing 1 pound for 4 to 6 portions.

FRIED CHAYOTE

Dip slices of boiled chayote (see above) in beaten egg and crumbs; sauté until delicately browned. For fritters, dip pieces in Cover Batter (page 699) and fry in hot deep fat (370° F.) for 3 to 5 minutes, or until delicately browned. Drain on unglazed paper and serve hot with Savory Cream Sauce (page 378).

BAKED CHAYOTE

Arrange sliced, cooked chayote (see above) in greased casserole, cover with 1 cup Medium White Sauce (page 91) seasoned with dash of nutmeg; sprinkle with $\frac{1}{4}$ cup fresh bread crumbs mixed with $\frac{1}{4}$ cup grated American cheese. Bake in hot oven (400° F.) for 10 minutes. Approximate yield: 6 portions.

CHESTNUTS

To shell and blanch chestnuts, prick or slit well, place nuts in pan, mix with oil, using about 1 teaspoon for each cup of nuts, and bake in very hot oven (450° F.) about 20 minutes. When cool enough to handle, remove shells and skins with sharp knife. Or cut slits in each nut, put in heavy frying pan, mix with oil to just coat shells and shake over fire about 10 minutes.

To boil chestnuts: Blanch and simmer, covered, in boiling salted water to cover, 8 to 20 minutes, or until just tender; drain. Mash or rice and season with salt, pepper and butter, or serve with White Sauce (page 376), or use in Stuffings (page 398). Allow 1½ to 2 pounds chestnuts for 6 portions.

BOILED CHICORY OR FRENCH ENDIVE

Chicory or the French or Belgian Endive consists of blanched broad leaves, packed close together to form solid, elongated heads. Wash thoroughly, wind cord around each head, drop into a large amount of boiling salted water and cook, uncovered, 20 to 30 minutes, or until just tender. Drain in sieve for ½ hour, or until thoroughly drained. Untie and sauté slowly in butter 10 minutes, turning several times. Season with salt and pepper. Allow 1½ pounds chicory and 3 to 4 tablespoons butter for 6 portions.

BOILED CORN—ON—THE—COB

Remove husks, cut off undeveloped tip and strip off silk. Cook, covered, in water to cover for 6 to 10 minutes, or until just tender. Do not salt water, for salt tends to make corn tough; for mature corn add ½ teaspoon sugar per quart water. Lift corn from water with fork or kitchen tongs, place on platter covered with napkin and draw corners of napkin over corn; or cut corn from cob before serving. Serve with salt, pepper and butter. Allow 1 to 2 ears per portion. Four medium-sized ears yield 1 cup corn, cut from cob.

STEWED CORN

Cut corn from cob with sharp knife. Add small amount of milk or water, cover and simmer 5 or 6 minutes, or until corn is just tender. Season to taste with salt, pepper and butter. Allow about ⅓ to ½ cup cut corn per portion.

SAUTÉED SWEET CORN

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Sauté $2\frac{1}{2}$ cups cut corn in 2 tablespoons fat about 5 or 6 minutes or until delicately browned, stirring constantly. Season to taste with salt and pepper, add $\frac{1}{4}$ cup sweet cream, heat thoroughly and serve at once. Approximate yield: 6 portions.

MEXICAN CORN SAUTÉ

1 can (No. 2) corn	1 tablespoon chopped pimiento
2 tablespoons butter	$\frac{1}{2}$ teaspoon salt
1 tablespoon chopped green pepper	1 teaspoon chili powder

Heat corn in butter, add remaining ingredients and simmer 10 to 15 minutes, stirring frequently. Serve hot. Yield: 6 portions.

BARBECUE CORN

Husk 6 ears corn; wrap each ear with 1 slice lean bacon, securing bacon with toothpicks. Broil very slowly, turning ears frequently until bacon is crisp. This is especially good done on sticks over a camp fire. Approximate yield: 6 portions.

SQUAW CORN

3 slices bacon, diced	dash of pepper
1 can (No. 2) corn	3 eggs, slightly beaten
$\frac{1}{2}$ teaspoon salt	6 buttered toast rounds

Pan-broil bacon until crisp, add corn and heat thoroughly. Add seasonings to eggs and pour over corn. Cook slowly, stirring occasionally, until eggs are cooked. Serve on toast. Yield: 6 portions.

BAKED CORN WITH GREEN PEPPERS

2 cups canned corn	$\frac{1}{3}$ cup finely chopped green pepper
$\frac{3}{4}$ cup soft bread crumbs	1 teaspoon Worcestershire sauce
2 tablespoons butter	$\frac{1}{2}$ teaspoon salt
1 egg	$\frac{1}{8}$ teaspoon pepper

Mix together corn, bread crumbs, butter, egg, green pepper, Worcestershire sauce, salt and pepper; turn into greased casserole; bake in moderate oven (350° F.) for 20 minutes. Approximate yield: 6 portions.

VEGETABLES [CORN]

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SUCCOTASH

Combine $1\frac{1}{2}$ cups each cut corn and lima beans, freshly cooked or canned. Reheat with 2 tablespoons butter, salt and pepper, and $\frac{1}{2}$ cup top milk or light cream. Approximate yield: 6 portions.

SUCCOTASH PIQUANT

5 shallots or scallions, finely sliced	$1\frac{1}{2}$ cups cooked lima beans
3 tablespoons butter	$1\frac{1}{2}$ cups fresh or canned corn
2 tablespoons flour	$\frac{3}{4}$ teaspoon salt
$\frac{3}{4}$ cup lima bean stock	dash of black pepper
1 tablespoon finely chopped parsley	

Sauté shallots in butter until yellow, stir in flour, add bean stock gradually and cook 2 minutes, stirring frequently. Add lima beans, corn, salt and pepper, and simmer about 10 minutes. Add parsley and serve. Approximate yield: 6 portions.

CORN PUDDING

2 cups milk or thin cream	1 tablespoon sugar
2 cups canned corn	1 teaspoon salt
2 tablespoons melted butter	$\frac{1}{4}$ teaspoon pepper
3 eggs, well beaten	

Add milk, corn, butter, sugar and seasonings to eggs. Turn into greased casserole and bake in moderate oven (350° F.) for about 45 minutes, or until pudding is set. One-fourth cup chopped green pepper or pimiento, $\frac{1}{2}$ cup cheese, or $\frac{1}{2}$ cup minced ham or chopped mushrooms may be added for variety, if desired. Yield: 6 portions.

CORN FRITTERS

$1\frac{3}{4}$ cups sifted flour	1 cup drained canned corn, or grated fresh corn
2 teaspoons baking powder	
$\frac{3}{4}$ teaspoon salt	1 egg, beaten
$\frac{3}{4}$ cup milk	1 tablespoon melted fat

Mix and sift dry ingredients. Mix milk, corn, egg and fat; add to dry ingredients, mixing well. Fry in hot deep fat (350° – 365° F.) 2 to 5 minutes, or until golden brown; drain on unglazed paper. Serve hot with syrup or tart jelly. Approximate yield: 8 fritters.

SCALLOPED CORN

455

$\frac{1}{4}$ cup cornmeal	$\frac{3}{4}$ cup milk, scalded
$1\frac{1}{2}$ teaspoons salt	1 egg, well beaten
3 tablespoons brown sugar	4 cups fresh or canned corn
3 tablespoons butter	$\frac{1}{4}$ cup minced pimiento
12 slices broiled bacon	

Combine cornmeal, salt and brown sugar. Add butter to milk and add slowly to cornmeal, mixing well; add egg, corn and pimiento; turn into greased casserole and bake in moderately slow oven (325° F.) about 1 hour, or until browned. Stir frequently during first 20 minutes of baking to prevent meal from settling. Serve hot with bacon. Approximate yield: 6 portions.

CORN AND SAUSAGE FRITTERS

1 cup sifted flour	$\frac{1}{8}$ teaspoon paprika
1 teaspoon baking powder	2 cups sausage meat
1 teaspoon salt	2 cups whole kernel corn
$\frac{1}{8}$ teaspoon pepper	2 eggs, separated

Mix and sift dry ingredients, combine with sausage meat and corn, add beaten egg yolks and mix well. Beat egg whites until stiff, then fold into mixture. Drop by spoonfuls into hot deep fat (350°–365° F.) and fry 2 to 5 minutes, or until golden brown; drain on unglazed paper. Serve hot with Pimiento-Parsley Sauce (page 376); ground cooked frankfurters or left-over meat may be used instead of sausage meat. Approximate yield: 6 portions.

BOILED CUCUMBERS

Pare cucumbers and cut into quarters lengthwise or into thick slices. Cook, uncovered, in small amount of salted water 5 to 15 minutes; cucumbers are stewed rather than boiled. Chicken or veal stock may be substituted for water, if desired. Drain, arrange on slices of hot buttered toast and cover with sauce made from butter, flour and cucumber stock following directions for Foundation White Sauce (page 376). Allow $\frac{1}{2}$ medium-sized or $\frac{1}{3}$ large cucumber per portion; a medium-sized cucumber yields about $1\frac{1}{2}$ cups diced cucumber.

VEGETABLES [[CUCUMBERS]]

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MODIFICATIONS OF BOILED CUCUMBERS

(Use recipe on page 455)

Stewed Cucumbers, 1839 Style—Cut 6 small cucumbers into thick slices, dredge with flour and sauté in 2 tablespoons butter until delicately browned. Add 1 cup rich stock or thin gravy and season to taste with salt and pepper; add 1 tablespoon sugar and 1 tablespoon ketchup. Cover and simmer gently 20 to 30 minutes.

Cucumber Sauté—Cook cucumbers, cut in quarters, about 5 minutes. Drain, roll in flour and sauté in butter 10 to 15 minutes, or until cucumbers are tender. Arrange on slices of toast and cover with Tomato Sauce (page 382).

Creamed Cucumbers—To 1 cup Velouté Sauce (page 380) add a few grains chopped raw ginger root and 2 tablespoons finely chopped cooked ham; combine with 2 cups sliced or 12 quarters of cooked cucumbers.

CUCUMBER-RADISH PATTIES

2 medium-sized cucumbers	3 egg yolks, beaten
12 large radishes, sliced	1 teaspoon onion juice
¾ cup Medium White Sauce (page 91)	6 baked patty shells paprika

Pare cucumbers, remove seeds, cut in slices, and cook with radishes in boiling salted water 10 to 15 minutes, or until tender. Drain. Add hot white sauce gradually to beaten egg yolks; add onion juice and vegetables. Heat again and serve in patty shells with a sprinkling of paprika. Approximate yield: 6 portions.

CUCUMBER BOLOGNA

Leave skins on 6 medium-sized cucumbers, cut in halves lengthwise and parboil; then scoop out center, discard seeds and dice pulp. Sauté ¼ cup each minced onion and green pepper, and 3 thin slices garlic in 3 tablespoons butter 5 minutes, or until delicately browned; add diced cucumber, ½ pound bologna sausage, diced, and ½ cup soft bread crumbs. Stuff cucumber shells, sprinkle with additional crumbs, dot with butter; bake in hot oven (400° F.) for 20 to 30 minutes. Yield: 6 portions. Serve with Savory Mustard Sauce (page 379).

BAKED STUFFED CUCUMBERS

457

Pare medium-sized cucumbers, cut in halves lengthwise and remove seeds and soft part with spoon; parboil in salted water about 5 minutes. Drain and use in one of the following ways:

Cheese-stuffed Cucumbers—Blend 1 package (6 oz.) cream cheese with $1\frac{1}{2}$ cups bread crumbs, $\frac{1}{2}$ cup top milk, 1 tablespoon minced parsley; season to taste with salt and pepper. Stuff 6 cucumber halves with stuffing, place in greased baking dish and bake in moderate oven (350° F.) for 20 to 30 minutes, or until tender. Serve with Mustard Sauce (page 377). Yield: 6 portions.

Penobscot Cucumbers—Mince and pan-broil 6 strips bacon, mix with 2 cups shredded codfish and add $\frac{1}{2}$ cup Thick White Sauce (page 91) made with bacon drippings. Stuff 6 cucumber halves with codfish mixture, sprinkle with $\frac{1}{4}$ cup dry bread crumbs, place in greased casserole and bake in hot oven (400° F.) for 15 minutes. Serve with Egg Sauce (page 376). Yield: 6 portions.

Fish-stuffed Cucumbers—Stuff 6 cucumber halves with following mixture: To $\frac{1}{2}$ cup Medium White Sauce (page 91), add 1 small onion, minced, 1 cup flaked, cooked fish, $\frac{1}{3}$ cup chopped celery, 1 tablespoon each chopped parsley and green pepper and 2 chopped hard-cooked eggs. Place each stuffed half on 1 bacon strip in pan and bake in hot oven (400° F.) about 30 minutes. Serve with Tomato Sauce (page 382). Yield: 6 portions.

Lamb-stuffed Cucumbers—Stuff 6 cucumber halves with following mixture: Finely chop 2 medium-sized onions and sauté in 2 tablespoons fat 5 minutes; add $1\frac{1}{2}$ cups finely chopped lamb, 2 tablespoons tomato juice; season to taste with salt, pepper and paprika, and mix. Place in baking dish, add $\frac{3}{4}$ cup water or stock, cover and bake in moderate oven (350° F.) for 20 minutes. Yield: 6 portions.

DASHEEN

Dasheens are white-fleshed vegetables with brown fibrous coats and are grown chiefly in Trinidad. They may be prepared in almost any of the methods given for potatoes (page 470), except mashing. In general, they cook in a shorter time than the potato—15 to 30 minutes for boiled dasheen. Cooked dasheens are creamy to light violet in color and have a mealy texture and nut-like flavor. Allow about $\frac{1}{4}$ pound per portion.

STEWED EGGPLANT

Pare eggplant; cut in slices or cubes. Stew, covered, in small amount of salted water 10 to 15 minutes, or until just tender; drain and reheat in Tomato Sauce (page 382). Allow about $\frac{1}{3}$ small eggplant per portion.

SAUTÉED EGGPLANT

Pare, cut in $\frac{1}{4}$ -inch slices, sprinkle with salt and pepper, dredge with flour and sauté in hot fat, about 15 minutes, or until crisp and delicately browned, turning occasionally.

If desired, soak slices in salt water (2 tablespoons to 1 quart) for 1 hour; or sprinkle with salt, pile 1 slice on top of another, cover with heavy plate and let stand 1 hour to extract superfluous juices. Dry slices thoroughly before cooking. One medium-sized eggplant yields 10 to 12 slices.

EGGPLANT AND TOMATO CASSEROLE

Arrange alternate layers of sautéed eggplant, cooked only until lightly browned, and sliced tomatoes in greased casserole, adding a little minced onion to the tomato. Cover with buttered crumbs and bake in moderate oven (350° F.) about 30 minutes.

EGGPLANT AND BACON

Stew $\frac{1}{2}$ -inch slices of eggplant 5 minutes; drain, place in greased baking dish, sprinkle with salt and pepper, and dot with butter. Cover each slice with thick slice of fresh tomato, season again and sprinkle with bread crumbs. Lay a strip of bacon across each tomato slice and bake in moderate oven (350° F.) about 20 minutes, or until bacon is crisp.

CASSEROLE OF SAUSAGE AND EGGPLANT

4 cups diced eggplant	2 teaspoons salt
10 ripe olives, coarsely chopped	$1\frac{1}{2}$ cups water
6 pork sausages	

Combine eggplant, olives, salt and water in baking dish. Arrange sausages on top and bake in moderate oven (350° F.) for 20 minutes, turning sausages once during baking. Serve with Olive Sauce (page 377). Approximate yield: 6 portions.

STUFFED EGGPLANT

459

1 large eggplant	½ onion, chopped
¼ pound ham	2 tablespoons butter
1 cup fine bread crumbs	1 tablespoon chopped celery
salt and pepper	

Cut eggplant in half, lengthwise, and parboil 15 minutes. Scoop out pulp to within ½ inch of skin; chop pulp fine, add ham, ¾ cup bread crumbs, onion, 1 tablespoon butter and celery; season to taste with salt and pepper. Fill shell with the mixture, sprinkle top thickly with remaining crumbs, salt and pepper, and dot with remaining butter. Bake in hot oven (400° F.) for 15 minutes. Approximate yield: 4 to 6 portions.

MODIFICATIONS OF STUFFED EGGPLANT

Nut-stuffed Eggplant—For stuffing, mash removed pulp and combine with 2 cups crumbled bread, ½ cup chopped nut meats, ⅛ teaspoon pepper, 1 tablespoon each finely chopped parsley and onion, ¼ teaspoon marjoram and 1 beaten egg. Bake in moderately hot oven (375° F.) about 30 minutes, basting occasionally with mixture of ¼ cup water and 2 tablespoons melted butter. Yield: 4 to 6 portions.

Shrimp-stuffed Eggplant—For stuffing, chop removed pulp and combine with 1 cup cut, cooked shrimps, 1 Bermuda onion, chopped and sautéed in 2 tablespoons butter, 1 tablespoon chopped parsley, ½ cup coarse cracker crumbs and 1 egg yolk; season to taste with salt and pepper. Bake in moderately hot oven (375° F.) for 20 to 30 minutes.

FRENCH FRIED EGGPLANT

1 large eggplant	1 egg
salt and pepper	2 tablespoons milk or water
¼ cup flour	¼ cup fine, dry bread crumbs

Pare eggplant and cut in ¼-inch slices crosswise. Sprinkle with salt and pepper, dredge with flour, then dip in egg which has been combined with milk or water. Roll in crumbs until completely covered, then fry in hot deep fat (380° F.) for 2 to 4 minutes, or until a golden brown. Drain on unglazed paper and sprinkle with salt. Approximate yield: 6 portions.

BOILED FENNEL

The young leaves of the garden variety of fennel are more generally used as salad greens and for garnishing. To cook as a vegetable, wash thoroughly, tie leaves in bunches, and cover with boiling salted water; cook, uncovered, 10 to 15 minutes, or until just tender. Drain, untie and put in hot serving dish; sprinkle with salt and pepper and pour melted butter over leaves. Add a little lemon juice to butter if vegetable is too sweet.

The Italian fennel is much like unbleached celery. Wash, scrape and cut bulb and stalk in 1-inch slices. Cook, covered, in boiling salted water to cover 15 to 25 minutes, or until just tender. Season as above. Serve with fish. Allow about 2 pounds for 6 portions, or 1 medium-sized fennel for 1 portion.

BOILED GREENS

The term "greens" includes a number of plant leaves used as food. Those most generally used are the more delicate Swiss chard, spinach and lettuce, cooking directions for which are given under their respective headings, and the stronger flavored beet, curly endive, dandelion, escarole or scarola, kale, mustard and turnip greens.

To cook strong-juiced greens, cut off roots, discard imperfect leaves and wash thoroughly in 5 or 6 waters to remove dirt and insects, lifting greens from water each time. Cook, uncovered, in large amount of boiling salted water until just tender: beet greens, dandelion greens, and kale, curly endive, escarole or scarola, 15 to 25 minutes; mustard greens, 15 to 20 minutes; turnip greens, 20 to 30 minutes. If greens are very young and tender, cook like spinach (page 476). Drain, chop, if necessary, and add desired seasonings, usually salt, pepper and butter, and often vinegar, lemon juice or a little cream. Small pieces of bacon or salt pork may be cooked and served with greens. Greens may be prepared as Creamed or Scalloped Vegetables (page 432). Allow $\frac{1}{4}$ to $\frac{1}{3}$ pound greens per portion.

LENTIL CURRY

Boil 1 pound red lentils (page 461); force through sieve. Sauté 4 sliced large onions in $\frac{1}{2}$ cup bacon drippings about 5 minutes, or until lightly browned; remove from fat. Mix 4 tablespoons curry powder in 2 tablespoons cold water and add to fat; then add lentils and heat thoroughly. Serve over Boiled Rice (page 420) and top with onions. Approximate yield: 8 portions.

BOILED DRIED LENTILS

461

Prepare as Boiled Dried Beans (page 440); lentils may be substituted for dried beans or dried peas in almost any recipe.

BAKED LENTILS

1 pound lentils	1½ teaspoons salt
1 medium-sized onion, chopped	⅛ teaspoon pepper
3 tablespoons chopped celery	½ clove garlic
18 small sausages	

Soak lentils and cook (see above), adding celery, salt and pepper to water; drain. Rub casserole with garlic and grease lightly; turn lentils into casserole, arrange sausages over top and place under broiler until sausages are browned and cooked through; serve at once with brown bread. Yield: 6 portions.

SCALLOPED KALE

Combine 1½ pounds kale, cooked and chopped (Greens, page 460), with chopped hard-cooked egg; add stock or gravy to moisten. Arrange alternate layers of the kale and grated cheese in 6 greased ramekins, sprinkle with buttered crumbs and bake in hot oven (400° F.) for 10 to 15 minutes. Approximate yield: 6 portions.

BOILED KOHLRABI

Cut off leaves, wash, pare and cut into ½-inch cubes or ¼-inch slices. Cook, uncovered, in large amount of boiling salted water 25 to 35 minutes, or until just tender. Drain; season with salt, pepper and butter, or serve with Medium White Sauce (page 91) or Hollandaise Sauce (page 385), or prepare as Scalloped Vegetables (page 433). Allow 1 medium-sized kohlrabi per portion.

BRAISED LEEKS

4 bunches leeks	2 whole cloves
1 medium-sized onion, sliced	1 bay leaf
2 tablespoons butter	½ teaspoon salt
2 cups meat stock or bouillon	dash of pepper

Prepare leeks as for Boiled Leeks (page 462). Sauté onion in butter 3 minutes, or until lightly browned; add leeks, stock and seasonings. Cover and simmer about 30 minutes, or until leeks are tender and stock has almost evaporated. Approximate yield: 6 portions.

BOILED LEEKS

Cut off green tops to within 1½ or 2 inches of white part. Cook, uncovered, in large amount of boiling, salted water 15 to 20 minutes, or until just tender; drain. Serve with melted butter or as Creamed Vegetables (page 432). Allow 4 bunches for 6 portions.

BOILED LETTUCE

Remove wilted leaves from leaf or head lettuce, wash under running water, and cut heads in quarters. Cook heads in small amount of water and leaves in no additional water 5 to 10 minutes, or until just tender, covering kettle the first 5 minutes and turning several times, to wet lettuce. Drain and season with salt, pepper and butter, or with chopped crisp bacon. Allow 2 medium heads or 3 bunches for 6 portions.

WILTED LETTUCE

2 medium-sized heads or 3 bunches	dash of pepper
lettuce	4 slices bacon
½ teaspoon salt	¼ cup vinegar
1 hard-cooked egg, chopped	

Wash, drain and shred lettuce into a hot serving bowl; sprinkle with salt and pepper, mix with fork and let stand about 10 minutes to wilt slightly. Cut bacon in small pieces and fry until crisp; add vinegar, bring to a boil and pour over lettuce, mixing lightly with fork. Sprinkle with egg and serve at once. Approximate yield: 6 portions.

STEWED MUSHROOMS

Trim off discolored end of stalks, clean by brushing or wash quickly in cold water. If skin is thick and coarse, peel with silver knife; do not peel young tender caps. If stems are solid and tender, peel and cook with caps. Discarded stems and peelings may be cooked separately in very small amount of water and this stock used in making soups and sauces.

Stew mushrooms, covered, in almost no water for 5 to 8 minutes. Meat stock or thin cream may be substituted for water, if desired. Season with salt, pepper and butter; serve with the juices on hot toast or combine with white sauce as Creamed Vegetables (page 432). Mushrooms may first be sautéed in butter for 3 minutes, then stewed 3 to 5 minutes in their own juices. Allow 1 pound for 6 portions.

SAUTÉED MUSHROOMS

463

Use mushroom caps, whole or cut in pieces. Allow 2 tablespoons butter for $\frac{1}{2}$ pound mushrooms. Sauté slowly 6 to 10 minutes, or until just tender, turning frequently.

MODIFICATIONS OF SAUTÉED MUSHROOMS

Russian Mushrooms—Turn whole mushroom caps, sautéed 3 minutes, into greased casserole, cover with sour cream, sprinkle with grated cheese and bake in moderate oven (350° F.) about 8 to 10 minutes, or until cheese is melted and browned.

Mushroom and Cheese Casserole—Combine $1\frac{1}{2}$ pounds sautéed mushrooms with 1 cup Medium White Sauce (page 91). Add 1 tablespoon chopped chives, 2 tablespoons pimiento, cut in strips, 1 tablespoon pimiento liquor, 1 tablespoon chopped mint and $\frac{1}{4}$ teaspoon dry mustard. Turn into greased casserole, cover with 1 cup grated cheese and 2 tablespoons buttered bread crumbs; bake in moderately hot oven (375° F.) for 10 to 15 minutes, or until cheese bubbles and begins to brown. Approximate yield: 6 portions.

Mushrooms in Red Sauce—To 1 pound mushrooms sautéed 3 minutes, add the following sauce: Force 1 cup red kidney beans through coarse sieve; add 1 teaspoon onion juice, $\frac{1}{2}$ teaspoon chili powder mixed with 1 tablespoon water, $\frac{1}{4}$ clove garlic, and boil 5 minutes; remove garlic. Add $\frac{3}{4}$ cup red wine, $\frac{1}{2}$ teaspoon salt and $\frac{1}{8}$ teaspoon pepper. Turn into greased casserole, cover with 1 cup buttered bread crumbs and bake in hot oven (425° F.) about 10 minutes, or until crumbs are browned. Approximate yield: 6 portions.

BROILED MUSHROOMS

Use $1\frac{1}{2}$ dozen large mushroom caps. Brush with butter or oil and sprinkle with salt and pepper and a dash of nutmeg, if desired. Place on broiler, cap side up, about 3 inches below flame or broiling unit and broil 8 to 10 minutes. Serve on buttered toast. Yield: 6 portions.

BAKED MUSHROOMS

Prepare $1\frac{1}{2}$ pounds large mushrooms; place in shallow baking dish, season with $1\frac{1}{2}$ teaspoons salt and a dash of pepper, dot with 3 tablespoons butter and add $\frac{1}{2}$ cup light cream or top milk. Bake in hot oven (400° – 425° F.) for 10 to 15 minutes. Yield: 6 portions.

STUFFED MUSHROOMS

12 large mushrooms	2 tablespoons butter
2 cups cold water	1 tablespoon fine bread crumbs
$\frac{1}{3}$ cup vinegar or lemon juice	$\frac{1}{4}$ teaspoon salt
1 tablespoon chopped parsley	$\frac{1}{8}$ teaspoon mace
pinch of caraway seeds	2 egg yolks, slightly beaten

Wash mushrooms, remove stems and drop caps into water-vinegar mixture for 10 minutes; drain. Chop stems fine, mix with parsley and caraway seeds, and cook lightly in butter. Stir in crumbs, salt and mace, and remove from heat; add egg yolks and pile lightly into inverted mushroom caps. Place in shallow buttered pan and bake in hot oven (400° F.) about 15 minutes, or until browned. Yield: 6 portions, or 12 mushrooms.

MUSHROOM AND HAM SOUFFLÉ

2 cups Medium White Sauce (page 91)	1 cup mushrooms, cooked
$\frac{1}{3}$ cup grated American cheese	$\frac{3}{4}$ cup cold chopped boiled ham
$\frac{3}{4}$ cup minced celery	4 eggs, separated
$\frac{1}{2}$ tablespoons minced pimiento	$\frac{3}{4}$ teaspoon curry powder
	$1\frac{1}{2}$ teaspoons grated onion

To white sauce, add cheese, celery, pimiento, mushrooms, ham, well-beaten egg yolks, curry powder and onion. Mix well; then fold in stiffly beaten whites. Turn into a greased casserole and set in a pan of hot water. Bake in a moderate oven (350° F.) about 35 minutes, or until nicely browned. Approximate yield: 6 portions.

SOUTHERN GUMBO

3 onions, sliced	18 small okra pods
3 tablespoons butter or bacon fat	5 large tomatoes, peeled
2 green peppers, chopped	1 cup sweet corn

Sauté onions in fat 2 minutes; add peppers and continue cooking 3 minutes longer. Add okra which has been washed and stemmed and tomatoes; cover and cook about 10 minutes, stirring frequently. Add corn and cook about 10 minutes longer, or until mixture is quite dry. Approximate yield: 6 portions.

BOILED OKRA

Cut off stems and wash well. Leave small pods whole; cut large ones in ½-inch slices. Cook, uncovered, in boiling salted water to cover 15 to 25 minutes, or until just tender. Drain, season with salt, pepper, butter and vinegar, if desired. Serve as a vegetable or with Boiled Rice (page 420). Allow 1 to 1½ pounds for 6 portions.

BOILED ONIONS

12 medium-sized onions or 6 large onions	salt and pepper 2 tablespoons butter
------------------------------------------	-----------------------------------------

Wash and peel onions. Boil, uncovered, in large amount of water 30 to 60 minutes, or until tender. If very strong in flavor, drain after cooking 10 minutes, cover with fresh boiling water and cook until tender. Drain; season with salt, pepper and butter. If desired, add 1½ cups top milk or light cream and heat thoroughly. Approximate yield: 6 portions.

SAUTÉED ONIONS

12 medium-sized onions	½ teaspoon salt
¼ cup fat	⅛ teaspoon pepper

Wash and peel onions. Slice very thin and soak in cold water 30 minutes. Drain and dry. Sauté in fat 20 minutes or until faintly yellow and tender, stirring frequently. Season with salt and pepper. Approximate yield: 6 portions.

SCALLIONS À LA KING

2 bunches scallions	1 pimienta, shredded
¾ cup mushrooms	1 tablespoon chopped parsley
2 tablespoons butter	½ teaspoon salt
1 cup Medium White Sauce (page 91)	dash of celery salt dash of pepper

Cut roots and tip ends from scallions and wash well. Cook in boiling salted water until tender, about 15 minutes; then drain. Wash and peel mushrooms, cut in halves and sauté in butter 5 minutes, add to white sauce and stir in remaining ingredients. Pour over scallions and serve on toast points if desired. Yield: 6 portions.

VEGETABLES [ONIONS]

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GRILLED ONIONS

3 large mild onions
½ cup boiling water

½ cup butter, melted
salt and pepper

Wash and peel onions; cut in slices ¼ inch thick. Place slices in baking pan, 1 layer deep. Add water and bake in moderate oven (350° F.) for 15 minutes. Drain, dip in melted butter and broil under moderate heat 5 minutes on each side. Serve at once. Approximate yield: 6 portions.

GLAZED ONIONS

1½ pounds small white onions
2 tablespoons butter
½ cup water

1 tablespoon sugar
salt and pepper
1 tablespoon flour

Wash and peel onions. Melt butter in a frying pan, add onions and a mixture of water and sugar. Season with salt and pepper, and simmer gently 15 minutes or until tender. Add a paste of flour and 2 additional tablespoons water, mixing well. Cover and bake in moderately hot oven (375° F.) for 20 minutes. Yield: 6 portions.

STUFFED ONIONS

6 large onions
1 cup chopped celery
⅓ cup chopped nuts

½ teaspoon salt
¾ cup grated cheese
watercress
red and green pepper slices

Parboil onions 20 minutes; remove a small portion from center; fill with a mixture of celery, nuts and salt. Place in baking pan, top with cheese and bake in moderate oven (350° F.) for 15 minutes. Garnish with watercress and pepper slices. Yield: 6 portions.

FRENCH FRIED ONION RINGS

4 large mild onions
½ cup milk

½ cup flour
¼ teaspoon salt
dash of pepper

Wash and peel onions; slice ¼ inch thick and separate slices into rings. Dip into milk, and then into flour seasoned with salt and pepper. Fry in hot deep fat (380° F.) for 4 to 6 minutes, or until lightly browned; drain on unglazed paper. Yield: 6 portions.

DEVEILED ONIONS

Chop 6 large boiled onions (page 465) very fine, add mashed yolks of 3 hard-cooked eggs, $\frac{1}{2}$ teaspoon salt, $1\frac{1}{2}$ tablespoons chopped parsley and 1 cup Medium White Sauce (page 91). Turn into 6 greased ramekins and sprinkle with fine buttered crumbs. Brown under medium broiler flame.

BOILED PARSNIPS

12 medium-sized young parsnips salt and pepper
 $\frac{1}{4}$ cup butter

Wash and scrape parsnips, and boil 30 to 60 minutes, or until just tender. Drain, cut in half, and each half in quarters. If core is fibrous, cut it out before serving. Season with salt, pepper and butter. If desired, cut parsnips into inch cubes and add 1 cup Medium or Thin White Sauce (page 91). Approximate yield: 6 portions.

FRANCONIA PARSNIPS

Cut boiled parsnips (see above) lengthwise in 8 wedges, place in greased baking pan, brush with melted fat and sprinkle liberally with brown sugar and dry mustard. Bake in moderate oven (400° F.) for 20 minutes. Allow 2 medium-sized parsnips per portion.

PARSNIP SAUTÉ

Slice boiled parsnips in halves lengthwise; sauté in fat until lightly browned. Allow 2 medium-sized parsnips per portion.

PARSNIP CAKES

Force 12 boiled parsnips (see above) through ricer; add 1 well-beaten egg, and beat until light. Add $1\frac{1}{2}$ teaspoons salt, 2 tablespoons melted butter and $\frac{1}{4}$ cup flour, mixing well. Drop by spoonfuls on greased hot griddle and brown on both sides. Approximate yield: 6 portions.

FRENCH FRIED PARSNIPS

Cut boiled parsnips (see above) crosswise in $\frac{1}{2}$ -inch slices. Dip in slightly beaten egg, then flour, or dip in Cover Batter (page 699); fry in hot deep fat (380° F.) for 3 to 5 minutes, or until lightly browned. Drain on unglazed paper; salt lightly and serve at once. Allow 2 medium-sized parsnips per portion.



PARSNIP CHIPS

Peel or scrape 12 medium-sized parsnips, discarding stem ends and tips. Cut crosswise in very thin slices and soak in ice cold salted water for 3 hours to crisp. Drain, and dry on a cloth. Fry in hot deep fat (380° F.) for 3 to 5 minutes, or until delicately browned. Drain on unglazed paper. Sprinkle with salt and pepper and serve immediately. Approximate yield: 6 portions.

BOILED PEAS

Have peas as fresh as possible and shell just before cooking as flavor decreases rapidly after shelling. Cook uncovered in a small amount of boiling salted water 10 to 25 minutes, or until just tender. With mature peas $\frac{1}{4}$ teaspoon sugar per pound of peas may be added to water, if desired. A sprig of mint cooked with peas will add flavor. There should be almost no water left after cooking. Season with salt, pepper and butter or cream, or use as Creamed Vegetables (page 432). Allow $\frac{1}{2}$ pound peas in the pod per portion. One pound peas yields about 1 cup cooked, shelled peas.

COUNTRY STYLE PEAS

3 small carrots, diced	$\frac{1}{4}$ teaspoon pepper
$\frac{1}{2}$ cup shredded cabbage	$\frac{1}{4}$ teaspoon Worcestershire Sauce
2 tablespoons melted butter	1 cup chicken bouillon
1 teaspoon salt	2 cups shelled peas
$\frac{1}{4}$ head lettuce, finely shredded	

Add carrots and cabbage to melted butter, cook 2 minutes, add seasonings, bouillon and peas. Cover and simmer about 30 minutes, adding lettuce during last 5 minutes. Yield: 6 portions.

GREEN PEA TIMBALES

1 cup pea pulp	1 teaspoon minced onion
$\frac{1}{2}$ cup milk	1 tablespoon melted butter
2 eggs, well beaten	

Mix all ingredients, turn into greased timbale molds or custard cups, set in pan of hot water and bake in a moderately slow oven (325° F.) about 30 minutes, or until firm. Serve with Green Pea Sauce (page 376). Approximate yield: 6 portions.

BOILED DRIED PEAS

Prepare as Boiled Dried Beans (page 440). Dried peas may be substituted in practically all recipes calling for dried beans, although molasses is omitted in baked dried peas.

HOPPING JOHN

1 cup dried peas	1 cup rice
1-2 pounds ham knuckle	½ teaspoon salt
	dash of pepper

Boil dried peas (see above), cooking ham knuckle with peas; when peas are almost tender, remove ham, add rice and seasonings, and boil gently about 20 minutes, or until rice is soft and liquid has almost evaporated. Serve on hot platter garnished with ham slices. Approximate yield: 6 portions.

FRENCH FRIED PEPPER RINGS

4 large green peppers	1 tablespoon water
1 egg	½ cup fine dry bread crumbs
	1 teaspoon salt

Wash peppers, cut in thin slices, and remove seeds and membranes. Dip in egg combined with water, then in crumbs to which salt has been added. Fry a few at a time in hot deep fat (380° F.) for 3 to 5 minutes, or until nicely browned. Drain on unglazed paper. Approximate yield: 6 portions.

STUFFED GREEN PEPPERS

2 cups cooked chicken	½ teaspoon salt
¼ cup seedless raisins	⅛ teaspoon pepper
1 cup cooked rice	1 teaspoon chili powder
1 tablespoon melted butter	¼ cup grated cheese
2 eggs, well beaten	6 green peppers

Combine chicken, raisins, rice, butter, eggs and seasonings and stir in cheese. Cut thin slice from stem end of peppers, or cut in half lengthwise, remove seeds and parboil, uncovered, in large amount of boiling salted water 5 to 10 minutes. Stuff peppers with chicken mixture and bake in moderately hot oven (375° F.) for 25 to 30 minutes. Serve with Medium White Sauce (page 91). Yield: 6 portions.

MODIFICATIONS OF STUFFED GREEN PEPPERS

(Use recipe on page 469)

Tomato-stuffed Peppers—For stuffing, mix 1 tablespoon chopped onion, 2 tablespoons chopped parsley, 1 cup soft bread crumbs, 2 tablespoons melted butter, and $\frac{1}{2}$ cup canned tomatoes; dot with butter.

Cheese-Nut-stuffed Peppers—For stuffing, add $\frac{1}{2}$ cup grated cheese, $1\frac{1}{2}$ tablespoons melted butter, 1 teaspoon minced parsley, $\frac{1}{4}$ cup finely chopped celery, $\frac{1}{4}$ cup chopped, blanched almonds and 3 chopped hard-cooked eggs to 1 cup Thick White Sauce (page 91); season to taste with salt and paprika. Sprinkle stuffed peppers with $\frac{1}{2}$ cup grated cheese.

Corn-stuffed Peppers—Use 3 cups seasoned sweet corn, cooked or fresh; dot with 3 tablespoons butter.

Hash-stuffed Peppers—Use 2 to 3 cups Corned Beef Hash (page 271).

Unique Stuffed Peppers—For stuffing, combine 1 can ($1\frac{1}{2}$ cups) mock turtle soup, 2 tablespoons chopped onion and $1\frac{1}{2}$ cups soft bread crumbs; sprinkle stuffed peppers with $\frac{1}{2}$ cup buttered crumbs.

Delicious Stuffed Peppers—For stuffing, combine $1\frac{1}{3}$ cups soft cottage cheese, 2 well-beaten eggs, $\frac{1}{4}$ teaspoon onion juice, $\frac{1}{8}$ teaspoon paprika and enough crushed cornflakes to make mixture firm enough to handle. Pour 1 cup Tomato Sauce (page 382) around stuffed peppers.

POTATOES FOR BOILING AND BAKING

White or Irish potatoes differ in their cooking qualities. Good boiling potatoes cook uniformly and hold their shape; they are not choice for baking. Good baking potatoes such as the Idaho are mealy when baked; they fall to pieces on boiling and are best when mashed. Certain kinds of potatoes are good for both boiling and baking, and these are the most satisfactory to buy for the small family. New or young potatoes are less mealy when cooked and are therefore better boiled than baked.

BOILED NEW POTATOES

Scrub, wash and rinse potatoes; cook as directed for boiled potatoes (see above). Drain and serve with skins on; or peel, pour melted butter over potatoes and sprinkle with minced parsley or paprika. Potatoes may be scraped or pared before boiling. Allow 1 to 3 new potatoes and 1 to 2 teaspoons melted butter for each.

BOILED POTATOES

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Select uniform potatoes, scrub, wash, rinse, and pare before or after cooking; if uneven in size, cut in uniform pieces. Cover with boiling salted water and cook, covered, 20 to 40 minutes, or until just tender. Drain; peel, if boiled with jackets, and set, uncovered, in warm place, or shake over fire to dry and make mealy. Allow $1\frac{1}{2}$ to 2 pounds for 6 portions, or 1 medium-sized potato for 1 portion.

BAKED POTATOES

Select uniform, medium-sized to large potatoes; scrub, remove blemishes, rinse and dry. Place in shallow baking pan or on rack; rub with melted fat for a soft skin. Bake in hot oven (425° – 450° F.) for 30 to 60 minutes; to test, pick up with cloth and squeeze; if soft, they are done. Squeeze baked potatoes to break skin or cut gashes in top of potato to allow escape of steam. Serve in hot open dish, plain or with a square of butter in opening of each. Allow 1 potato per portion.

POTATOES ON THE HALF SHELL

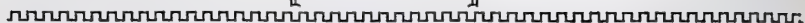
Bake 6 medium-sized potatoes (see above); cut a slice from top of each and scoop out inside. Mash thoroughly, add 3 tablespoons butter, $\frac{1}{2}$ teaspoon salt, $\frac{1}{4}$ teaspoon white pepper and about $\frac{1}{4}$ cup hot milk, and beat until light and fluffy. If desired, add 2 teaspoons finely minced chives, parsley or onion; or fold in 1 stiffly beaten egg white. Pile lightly into shells and bake 5 to 8 minutes longer to reheat and brown lightly. Tops may be sprinkled with grated cheese, or brushed lightly with slightly beaten egg yolk. Yield: 6 portions.

MODIFICATIONS OF POTATOES ON THE HALF SHELL

Stuffed Pimiento Potatoes—Bake 3 large potatoes and cut in halves lengthwise. To fluffy potato filling, add 2 tablespoons each grated cheese and chopped pimiento. Or substitute 2 tablespoons chopped pimiento-stuffed olives for pimiento and omit cheese.

Stuffed Waldorf Potatoes—Put 3 hard-cooked egg yolks through coarse sieve and add with $\frac{1}{4}$ cup grated cheese to fluffy potato filling. Brush tops with melted butter and sprinkle with paprika.

Potatoes Martinique—Beat 1 slightly beaten egg yolk into fluffy potato filling and fold in stiffly beaten egg white. Shape between 2 buttered tablespoons and place on greased baking sheet. Bake in moderately hot oven (375° F.) about 20 minutes, or until delicately browned.



MASHED POTATOES

Pare and boil 6 medium-sized potatoes (page 471); drain and shake over heat to dry. Force through ricer or mash well with wire or wooden masher. Add 3 tablespoons butter and $\frac{1}{3}$ to $\frac{1}{2}$ cup hot milk, beating until light and fluffy; add more milk if not as moist as desired; season to taste with salt and pepper. Keep over hot water until ready to serve. Pile lightly in hot serving dish, dot with butter and sprinkle lightly with paprika. Boil potatoes with jackets if more convenient; then peel, mash and season. Approximate yield: 4 cups or 6 portions.

MODIFICATIONS OF MASHED POTATOES

Duchess Potatoes—To 2 cups mashed potatoes, add dash of paprika and $1\frac{1}{2}$ beaten egg yolks; beat thoroughly. Shape into mounds on greased baking dish or shallow pan, or force through pastry bag to make rosettes or other fancy shapes. Brush with remaining $\frac{1}{2}$ egg yolk and place under broiler or in very hot oven (450° F.) and brown lightly. Approximate yield: 6 small portions.

Potato Border—A fluting of mashed potatoes or Duchess potatoes is sometimes served around planked meat or fish. Force mixture through pastry tube, or shape with spoons to make a border of potato around meat or fish on a hot greased plank (page 218); brush with melted butter or milk and brown lightly under broiler or in very hot oven (450° F.).

Savory Mashed Potatoes—To 2 cups plain mashed potatoes, add 1 tablespoon minced watercress, 1 teaspoon minced mint leaves and dash of white pepper.

Potato Soufflé—To 4 cups moist mashed potatoes, add 2 well-beaten egg yolks; fold in 2 stiffly beaten egg whites. Turn into greased casserole and bake in moderately hot oven (375° – 400° F.) for 15 to 20 minutes, or until lightly browned. Approximate yield: 6 portions.

Potatoes Anna—To 2 cups mashed potatoes, add 3 well-beaten egg yolks; stir in $\frac{3}{4}$ cup grated cheese and fold in 3 stiffly beaten egg whites. Pile in greased casserole and bake in moderately hot oven (375 – 400° F.) for 15 to 20 minutes, or until browned, or turn into greased, heavy muffin pans and bake 10 to 15 minutes. Approximate yield: 6 portions.

SCALLOPED POTATOES

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6 medium-sized potatoes	flour
salt and pepper	2 teaspoons butter
	3 cups rich milk

Pare potatoes and slice thin; place $\frac{1}{2}$ in buttered baking dish, sprinkle with salt and pepper, and dredge with flour. Repeat, add butter to hot milk and pour over potatoes. Bake, covered, in moderately hot oven (375° F.) for $\frac{1}{2}$ hour, then uncover and bake 10 to 15 minutes longer, or until a delicately browned crust has formed on top. If milk boils over, uncover and bake at lower temperature (350° F.). One tablespoon chopped onion may be added to milk for flavor. Approximate yield: 6 portions.

MODIFICATIONS OF SCALLOPED POTATOES

Scalloped Potatoes and Ham—Add 1 cup chopped cooked ham, sprinkling $\frac{1}{2}$ cup over each layer of potatoes.

Baked Creamed Potatoes—Use 6 cooked potatoes, diced, and $1\frac{1}{2}$ cups Medium White Sauce (page 91). Cover each layer of potatoes with white sauce and sprinkle mixture of $1\frac{1}{2}$ tablespoon each dry bread crumbs and grated cheese over top. Dice 2 hard-cooked eggs and sprinkle over each layer of potatoes, if desired. Bake 15 to 20 minutes.

Baked Potatoes au Gratin—Use 4 cups cubed cooked potatoes, 1 small onion, chopped, sautéed lightly and mixed with 2 pimientos, chopped, and 2 cups Medium White Sauce (page 91) mixed with 1 cup grated cheese. Arrange in layers and top with $\frac{1}{4}$ cup buttered, dry bread crumbs; bake 15 to 20 minutes.

HASHED BROWN POTATOES

Add 3 cups finely chopped boiled potatoes to 3 tablespoons fat in hot frying pan, sprinkle with 1 teaspoon salt and $\frac{1}{4}$ teaspoon each pepper and paprika, add $\frac{1}{4}$ cup milk, and cook slowly without stirring until browned on under side; then turn with broad spatula to brown other side. Fold in half like an omelet and serve on hot platter. The potatoes are brown and crusty on outside and soft in center. Chopped parsley may be cooked with potatoes. Yield: 6 portions.

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PERSILLADE NEW POTATOES

1½ pounds small new potatoes ¼ cup butter, melted
2 tablespoons lemon juice ⅓ cup finely chopped parsley

Wash, scrape and boil new potatoes (page 470); drain. Pour mixture of lemon juice and butter over potatoes, then roll in parsley. Approximate yield: 6 portions.

POTATO BALLS

With a French cutter, cut potato balls out of pared large potatoes. Boil (page 471) until just done, drain and serve with parsley butter or in Cream or White Sauce (pages 378 and 376). Boil scraps of potatoes, drain and mash, or use for soups. Allow about 8 balls per portion.

BRAISED POTATO BALLS

Crisp 3 cups potato balls by letting them stand for 1 hour in cold water; drain, add to 3 tablespoons butter in heavy frying pan, cover and cook slowly about 45 minutes, shaking pan occasionally to cook evenly. Just before removing from fire, add 1½ teaspoons salt and 1½ tablespoons parsley. Approximate yield: 6 portions.

RICED POTATOES

Pare potatoes and boil or steam (page 471); drain and shake dry over heat; force through potato ricer or coarse strainer. Pile lightly in hot serving dish and sprinkle with paprika; if steamed, sprinkle with salt. Allow 1 medium potato per portion.

FRANCONIA OR BROWNE POTATOES

Pare 6 medium-sized potatoes and cook in boiling salted water 15 minutes; drain and place in pan in which meat is roasting. Bake about 40 minutes, or until tender and lightly browned, basting with drippings in pan or turning occasionally to brown all sides. Serve on platter with roast. Yield: 6 portions.

BROILED POTATOES

Pare 6 medium-sized potatoes and cook in boiling salted water 15 minutes; drain and cut in ¼- to ½-inch slices. Brush with melted butter and broil until tender, turning once and brushing again with melted butter to brown other side. Just before removing, sprinkle with grated cheese and heat long enough to melt cheese, if desired. Allow 1 potato per portion.



GERMAN FRIED POTATOES

475

Pare and slice thinly 7 medium-sized potatoes and place in heavy frying pan with 3 tablespoons melted fat; sprinkle with $\frac{3}{4}$ teaspoon salt and a dash of pepper. Sauté slowly about 15 minutes, or until evenly browned, turning occasionally; then cover and cook 15 minutes longer, or until tender. Approximate yield: 6 portions.

POTATOES O'BRIEN

Add 3 cups diced cooked potatoes (page 471) and 2 tablespoons each of minced pimientos, green pepper and onion, to 3 tablespoons melted fat in heavy frying pan, sprinkle with 1 teaspoon salt and dash of pepper and sauté until delicately browned, stirring occasionally. Approximate yield: 6 portions.

FRENCH FRIED POTATOES

Wash and pare small potatoes and cut lengthwise into strips about $\frac{3}{8}$ inch thick; soak in cold water $\frac{1}{2}$ to 1 hour. Drain, wipe very dry between towels or paper towels and place just enough in bottom of frying basket or sieve to cover sparsely. Immerse in hot deep fat (380° F.) and cook 3 to 5 minutes, or until a golden brown, keeping potatoes in motion. Hold basket over kettle for fat to drip, then turn out on absorbent paper to drain. Sprinkle with salt and serve hot. Allow 1 to 2 potatoes per portion.

MODIFICATIONS OF FRENCH FRIED POTATOES

Potato Chips—Slice pared potatoes very thin, using a sharp knife, vegetable slicer or one of the slicing machines. Separate chilled and thoroughly dried slices, place loosely in bottom of frying basket and fry, keeping potatoes in motion.

Potato Crisps—Slice pared potatoes with lattice vegetable slicer. Soak, dry thoroughly and fry.

Shoestring or Julienne Potatoes—Cut pared potato in matchlike sticks. Soak, dry thoroughly and fry.

OVEN FRIED POTATOES

Prepare potatoes as for French Fried (see above); place in greased shallow baking pan to make thin layer and brush with oil or melted fat, turning to cover all sides. Bake in hot oven (450° F.) for 20 to 30 minutes, or until browned, turning occasionally. Drain on unglazed paper, sprinkle with salt and pepper, and serve hot. Allow 1 to 2 potatoes per portion.



SOUFFLÉD POTATO SLICES

Select medium-sized Idaho potatoes of uniform size; pare and cut on slant in even thin slices about $\frac{1}{8}$ inch thick. Dry between towels and fry, a few at a time, in medium-hot deep fat (275° – 300° F.) for 5 minutes, keeping potatoes in motion; then lift basket and plunge quickly into very hot deep fat (400° – 425° F.) for 1 to 2 minutes, or until puffed and browned, keeping potatoes in motion. They should puff at once when dropped into the kettle of hot fat. Hold basket over kettle for fat to drip, then turn out on absorbent paper to drain. Sprinkle with salt and serve at once. These are attractive on a luncheon or supper plate.. The type of potato and the quick changes from a medium-hot to a very hot fat are important in making these puffed slices. Allow 1 potato per portion.

POTATO OR HOMINY CROQUETTES

To 3 cups riced hot potatoes (page 474) add 3 tablespoons melted butter, 2 egg yolks, $\frac{1}{2}$ teaspoon salt, dash of cayenne and 1 tablespoon minced parsley; beat thoroughly and shape into croquettes. Fry in hot deep fat (365° – 380° F.) for 3 to 5 minutes, or until delicately browned. Or use $1\frac{1}{2}$ cups hominy for potatoes. Yield: 6 portions.

BOILED SPINACH

Remove roots, tough stems and wilted leaves from 2 pounds spinach. Wash 3 times in large quantities of cold water, or until all trace of sand has disappeared. Lift spinach from last rinsing water, drain slightly, and place in large kettle. Cover and cook over medium heat 8 to 10 minutes, or until tender, removing cover after first 5 minutes and turning vegetable. Drain if necessary; chop spinach, add $\frac{1}{2}$ to 1 teaspoon salt, dash of pepper and $\frac{1}{4}$ cup butter. Place in hot serving dish and garnish with lemon sections or slices of hard-cooked egg. Approximate yield: 6 portions.

SPINACH AND CHEESE SOUFFLÉ

Use recipe for Vegetable Soufflé (page 434), using 1 cup finely chopped spinach for vegetable; add 1 teaspoon chopped onion sautéed in small amount of butter, and $\frac{1}{2}$ cup grated cheese to medium white sauce. Approximate yield: 6 portions.

TRAVIS HOUSE SPINACH

477

Boil 2 pounds spinach (page 476); drain, chop fine and add 1 cup heavy cream, 1 tablespoon butter, 1 teaspoon salt and $\frac{1}{4}$ teaspoon pepper. Reheat over low flame and serve at once. Yield: 6 portions.

SPINACH CASSEROLE

1 pound spinach	$\frac{1}{2}$ cup butter, melted
6 medium-sized potatoes	1 teaspoon salt
3 eggs, well beaten	dash of pepper

Pick over spinach; wash thoroughly, drain and chop very fine. Pare and grate potatoes, and add eggs, butter and seasoning; put $\frac{1}{2}$ of mixture in greased casserole. Cover with spinach and top with remaining potato mixture. Bake in moderate oven (350° F.) for $1\frac{1}{4}$ hours, or until potatoes are done. Approximate yield: 6 portions.

SPINACH TIMBALES

1 cup finely chopped cooked spinach	2 eggs, well beaten
$\frac{1}{2}$ teaspoon salt	$1\frac{1}{4}$ cups milk
1 teaspoon onion juice	Tomato Sauce (page 382)
2 tablespoons butter, melted	parsley

Combine spinach, seasonings, butter, eggs and milk; turn into greased small molds, set in pan of hot water and bake in moderate oven (350° F.) for 30 minutes. Unmold, serve at once with tomato sauce, and garnish with parsley. Approximate yield: 6 portions.

SPINACH RING

1 small onion, minced	$\frac{1}{2}$ cup soft bread crumbs
2 tablespoons butter	2 cups Thick White Sauce (page 91)
3 cups chopped cooked spinach	2 eggs, separated
salt, pepper and paprika	

Sauté onion in butter 3 minutes; remove from heat, and add spinach, crumbs, white sauce and slightly beaten egg yolks, mixing well. Season to taste, and fold in stiffly beaten egg whites. Turn into greased ring mold, set in pan of hot water and bake in moderately hot oven (375° F.) for 30 minutes, or until firm. Unmold on hot plate and serve at once. Center may be filled with creamed chicken, ham or any roast meat. Approximate yield: 6 portions.



BOILED SUMMER SQUASH

Summer squash includes a variety such as the white-disk-shaped, the yellow-long and crooked-necked, and the green or green-striped cylindrical which are known as vegetable marrows or Italian squash. Wash but do not pare, slice, add a very small amount of boiling water, and cook, covered, 10 to 20 minutes. Drain, mash and season with salt, pepper and butter, or sprinkle slices with salt and pepper, and add melted butter. Allow about $\frac{1}{3}$ pound per portion.

To sauté squash, cut in $\frac{1}{2}$ -inch slices, dip in well-seasoned flour, and sauté in butter 10 to 15 minutes, or until browned.

For creamed summer squash, add 3 tablespoons butter and $\frac{1}{3}$ cup heavy cream to cooked squash (3 to 4 pounds) and season with salt and pepper.

BAKED ACORN SQUASH

3 acorn squash	2 tablespoons butter
$1\frac{1}{2}$ teaspoons salt	3 cooking apples
$\frac{1}{8}$ teaspoon pepper	2 tablespoons sugar
	12 link sausages

Wash and split squash lengthwise, scrape out seeds and pulp, sprinkle with salt and pepper, and dot with butter. Peel and core apples; cut in halves and place a half in the hollow of each piece of squash. Sprinkle with sugar and place in baking pan; add a little water. Cover and bake in hot oven (400° F.) for 45 minutes. Brown sausages in frying pan and place two on each piece of squash around apple; return to oven and bake 15 minutes longer. Approximate yield: 6 portions.

BOILED WINTER SQUASH

Use Hubbard, acorn or Des Moines squash; wash, cut in halves and remove seeds and stringy portions. Cut off rind and cut in pieces, cover with boiling salted water and cook, covered, 20 to 30 minutes. Drain thoroughly, mash and season with salt, pepper and butter or cream; or use for pie, fritters, etc. Boil pumpkin in same way. Allow about $\frac{1}{2}$ pound squash as purchased, per portion; or $\frac{1}{2}$ cup mashed squash seasoned with about 2 teaspoons butter or heavy cream.

BAKED WINTER SQUASH

479

Prepare squash as for Boiled Winter Squash (page 478), but do not remove rind, cutting in pieces for serving; place in shallow pan, spread with softened butter and sprinkle with salt and pepper. Bake in moderately hot oven (375° F.) for 40 to 60 minutes, or until soft; if baked at a higher temperature (400° F.), cover the first 30 minutes of baking. Allow about ½ pound squash per portion.

FRIED ZUCCHINI

Wash 2 medium-sized Italian squash or zucchini and cut in ¼-inch slices. Sauté slowly in ¼ cup butter in heavy frying pan about 10 minutes, stirring constantly; cover and simmer 5 minutes, stirring occasionally. Cook with 1 clove garlic, finely sliced, or 1 teaspoon finely chopped onion, if desired. Approximate yield: 6 portions.

ZUCCHINI FLORENTINE

2 pounds zucchini	2 cups canned tomatoes
2 medium-sized onions, minced	½ teaspoon salt
2 tablespoons butter	pepper
½ cup grated sharp cheese	

Wash zucchini and cut, without peeling, in ¼-inch slices. Sauté onions in butter until golden; add zucchini and cook over low heat 5 minutes, stirring frequently. Add tomatoes, salt and pepper, and simmer, covered, 5 minutes longer. Place in greased casserole, cover with grated cheese and bake in moderately hot oven (375° F.) about 20 minutes, or until cheese browns nicely. Yield: 6 portions.

PUMPKIN CAKES WITH BACON

Use canned or cooked pumpkin; for directions for cooking pumpkin, see Boiled Winter Squash (page 478). To 2 cups mashed pumpkin, add ½ teaspoon salt, dash of paprika, 1 teaspoon sugar, 1 teaspoon ketchup, ¼ cup milk and 2 tablespoons melted butter; shape into patties. Fry 6 to 12 strips of bacon (page 264); drain on unglazed paper and keep hot; pour off all but 2 tablespoons of the bacon drippings in pan. Sauté patties in bacon fat and serve with crisp bacon. Approximate yield: 6 portions or 12 small patties.

CREAMED RADISHES

Wash 2 bunches of radishes; pare or scrape and slice. Cook, uncovered, in water to cover 15 to 20 minutes, or until just tender. Drain and add to $1\frac{1}{2}$ cups Medium White Sauce (page 91). Approximate yield: 6 portions.

BRAISED RADISHES

Wash, pare and slice 2 bunches of radishes and parboil 10 minutes; drain and sauté slowly in butter 5 minutes, add $\frac{1}{4}$ cup cream and simmer, covered, 5 minutes. Approximate yield: 6 portions.

BOILED SALSIFY OR OYSTER PLANT

Scrub, wash and scrape salsify, dropping at once into acidulated water to prevent discoloration; use 1 tablespoon vinegar for 1 quart water. Drain, cut in slices or leave whole, and cover with boiling salted water; boil, covered, 20 to 45 minutes, or until tender. Drain, and serve seasoned with butter or cream, with Medium White Sauce (page 91), or mashed or chopped in fritters. Allow about 2 pounds for 6 portions.

FRIED SALSIFY

Boil whole salsify (see above); drain, cut in half lengthwise and roll in seasoned flour. Sauté slowly in fat about 10 minutes, or until well browned. Serve hot. Allow $1\frac{1}{2}$ to 2 pounds salsify for 6 portions.

MOCK OYSTERS

To 2 cups mashed, cooked salsify (see above), add 1 egg, beaten, $\frac{1}{2}$ teaspoon salt, dash of paprika and 1 tablespoon melted butter. Shape into small patties, roll in fine dry crumbs or cornmeal, and sauté slowly in butter about 10 minutes, or until well browned. Or fry in hot deep fat (380°F.) about 2 minutes. Approximate yield: 6 portions or 12 small patties.

SAUERKRAUT

Drain sauerkraut, cover with boiling water and cook, uncovered, $\frac{1}{2}$ hour; drain and season with salt, pepper and butter. Reheat canned sauerkraut and season to taste. Use 4 cups sauerkraut for 6 portions.

SAUERKRAUT MIT APFELN

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To 2 cups sauerkraut add $\frac{1}{4}$ cup fat, $\frac{1}{4}$ cup water, 3 apples, peeled, cored and quartered, 1 medium-sized onion, sliced, and cook until tender. Add $\frac{1}{2}$ teaspoon salt, 1 tablespoon sugar, $\frac{1}{2}$ teaspoon caraway seeds and 2 small potatoes, grated; cook 5 minutes longer. Approximate yield: 6 portions.

RUSSIAN SAUERKRAUT

Simmer 6 dry mushrooms in small amount water until just tender; drain, reserving $\frac{1}{3}$ cup liquor. Add mushroom liquor and 1 cup sour cream to 2 pounds sauerkraut; simmer about 20 minutes, add chopped mushrooms and cook 5 minutes longer. Approximate yield: 6 portions.

BOILED SWEET POTATOES

Sweet potatoes and yams are usually cooked with skins on. Scrub, wash and rinse; cover with boiling salted water and cook covered, 20 to 30 minutes, or until tender. Drain, peel and serve plain, mashed, candied, or fried as desired. Allow 1 medium potato per portion.

CANDIED SWEET POTATOES

6 medium-sized sweet potatoes	$\frac{1}{3}$ cup water
1 cup firmly packed brown sugar	2 tablespoons butter

Wash potatoes and boil until tender; drain, peel and cut in halves lengthwise. Bring sugar and water to a boil; dip potatoes into syrup, and place in greased baking pan; dot with butter and add remaining syrup. Bake in hot oven (400° F.) for 20 minutes, basting occasionally with syrup. Approximate yield: 6 portions.

MODIFICATIONS OF CANDIED SWEET POTATOES

Sherried Sweet Potatoes—Follow recipe for Candied Sweet Potatoes, omit water; use $\frac{1}{2}$ cup sherry, pour over potatoes, then bake. One-fourth cup sweet cider may be used instead of sherry.

Honeyed Sweet Potatoes—Place sliced potatoes in greased baking dish and cover with a mixture of 1 cup honey and $\frac{1}{3}$ cup butter, melted. Bake in moderate oven (350° F.) for 30 minutes, turning potatoes once during baking.

MASHED SWEET POTATOES

Boil 6 medium-sized sweet potatoes (page 481); peel and force through ricer or mash with fork. Add 3 tablespoons butter, $\frac{1}{2}$ teaspoon salt, dash each of pepper and nutmeg, and about $\frac{1}{3}$ cup hot top milk, and beat until light and fluffy; add more milk if not as moist as desired. Keep hot over hot water until ready to serve. Approximate yield: 6 portions, or 4 cups mashed potatoes.

MODIFICATIONS OF MASHED SWEET POTATOES

Crusted Mashed Sweet Potatoes—Turn mashed sweet potatoes into flat, shallow baking pan, dot with butter and sprinkle with sugar. Bake in moderate oven (350° F.) for 30 minutes. The sugar will form a thin crisp crust.

Sweet Potatoes in Orange Cases—Cut a $\frac{1}{2}$ -inch slice from tops of 6 oranges. Scoop out pulp, and beat $\frac{1}{2}$ cup of orange pulp into hot mashed potatoes. Fill orange shells with potato mixture, and bake in moderate oven (350° F.) for 20 minutes. Top each serving with a slice of orange and garnish with a cranberry.

Maple Sweet Potatoes—Add 1 teaspoon grated orange rind to mashed sweet potatoes; turn into greased baking dish and top with 2 tablespoons melted butter mixed with 2 tablespoons heavy maple syrup. Bake in moderate oven (350° F.) for 25 minutes.

Sweet Potato Cutlets—Add $\frac{1}{2}$ cup finely chopped pecans to mashed potatoes and shape into 12 round, flat patties. Roll in ground pecans, place in greased baking pan and dot with butter. Bake in hot oven (450° F.) for 20 minutes. Serve with Mushroom Sauce (page 379), if desired. Or shape mashed potatoes into cones and stick blanched almonds, split and cut in halves, into cones and bake as directed.

SWEET POTATO PONE

3 large sweet potatoes	$\frac{1}{4}$ teaspoon black pepper
2 cups boiling water	2 teaspoons allspice
1 teaspoon salt	$\frac{1}{4}$ cup butter
4 tablespoons brown sugar	

Pare and grate potatoes; add boiling water and mix well. Add remaining ingredients and beat well; turn into greased, shallow baking pan, and bake in moderate oven (350° F.) for 1 hour. Approximate yield: 6 portions.

SWEET POTATOES AND CRANBERRIES

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6 large sweet potatoes	$\frac{1}{3}$ cup brown sugar
$1\frac{1}{2}$ cups canned cranberry sauce	1 teaspoon salt
3 tablespoons butter	$\frac{1}{2}$ cup finely chopped nuts

Boil sweet potatoes (page 481), peel and cut in halves lengthwise; scoop out halves slightly. Place 6 halves in greased baking dish, fill centers with cranberry sauce and top with remaining halves. Melt butter, add sugar, salt and nuts; spread over potatoes. Bake in a moderate oven (350° F.) for 20 to 25 minutes, or until lightly browned. Approximate yield: 6 portions.

SWEET POTATO CROQUETTES

4 medium-sized sweet potatoes	2 tablespoons brown sugar
2 tablespoons butter	fine, dry bread crumbs
1 teaspoon salt	1 egg, slightly beaten
$\frac{1}{4}$ teaspoon white pepper	1 tablespoon water

Boil or bake sweet potatoes (pages 481, 484); mash or put through ricer; add butter, salt, pepper and sugar, and beat until fluffy. Shape into patties or cylinders, and roll in crumbs. Dip in mixture of egg and water, and roll again in crumbs. Fry in hot deep fat (375° F.) for 3 to 4 minutes, or until golden brown. Drain on unglazed paper and serve hot. Left-over baked, boiled or mashed sweet potatoes may be used. Approximate yield: 6 portions, or 12 patties.

MODIFICATIONS OF SWEET POTATO CROQUETTES

Sweet Potato Puffs—Substitute 1 egg, beaten, for butter in croquette mixture; shape in balls and roll in crushed cornflakes. Fry in hot deep fat.

Sweet Potato and Almond Croquettes—Add $\frac{1}{2}$ cup chopped, blanched almonds to croquette mixture before shaping.

Candied Sweet Potato Balls—Use canned sweet potatoes or yams; mash, mixing with juice in can, and season with salt and pepper. Shape around a marshmallow, roll in crushed cornflakes and fry in hot deep fat. Serve on platter of chicken. Allow 2 cups mashed potatoes for 6 portions.

BAKED SWEET POTATOES OR YAMS

Choose potatoes of uniform size and shape; wash, scrub and rinse. Bake in hot oven (400° F.) for 35 to 40 minutes, or until soft. Prick skin to permit escape of steam; serve at once. Rub washed potatoes with fat if a soft skin is desired. Allow 1 medium-sized potato per portion.

BAKED STUFFED SWEET POTATOES

Bake sweet potatoes (see above); cut large potatoes in halves lengthwise or cut a slice from one end of medium-sized potato. Scoop out inside leaving a shell; mash, season as for mashed potatoes and beat until very light and fluffy, adding milk to make a moist potato. Pile lightly in shells, sprinkle with paprika and bake in hot oven (450° F.) about 10 minutes, or until browned. Allow ½ large or 1 medium-sized potato per portion.

MODIFICATIONS OF BAKED STUFFED SWEET POTATOES (Use recipe above)

Sweet Potatoes with Bacon—Top each stuffed half with a strip of bacon and bake in hot oven (450° F.) for 12 minutes, or until bacon is crisp.

Sweet Potatoes with Pineapple—Use 3 large baked sweet potatoes; to contents, add 2 tablespoons butter, 3 tablespoons orange juice and salt to taste, beating well. Stir in 3 tablespoons chopped nuts and ½ cup drained, crushed pineapple. Fill shells, top each with a marshmallow and brown under broiler.

SWEET POTATOES AND APPLES

6 medium-sized sweet potatoes	½ cup sugar
3 medium-sized apples	¼ cup butter
	1 cup water

Wash and boil sweet potatoes (page 481); drain, peel and cut in ½-inch slices. Pare and slice apples; place alternate layers of potato and apple in greased casserole, sprinkling each layer of apple with sugar, and dotting each layer of potato with butter. Add water, cover and bake in moderate oven (350° F.) for 30 minutes; remove cover and bake 15 minutes longer to brown top. Approximate yield: 6 portions.



BOILED SWISS CHARD

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Wash young chard thoroughly; if wilted soak in cold water until crisp. Cook in almost no water (the water which clings to the leaves is usually sufficient), for 10 to 15 minutes, or until just tender, covering for first part of cooking period. There should be almost no liquid remaining when chard is tender. Chop, add butter and other seasonings. With older chard the white stalks are often cut into 1-inch pieces, and cooked and served like asparagus; the leaves are cooked as above. Allow about $\frac{1}{4}$ to $\frac{1}{3}$ pound per portion.

CONCORDIA CHARD

Cook leaves and stalks separately (see above). Chop leaves, season and press into ring mold. Unmold on round plate, fill center with creamed stalks (Creamed Vegetables, page 432); garnish with paprika.

STEWED TOMATOES

Blanch firm ripe tomatoes in boiling water 1 minute; drain, slip off skins and remove stem ends. Cut in quarters and cook, covered, in their own juice or with very small amount of water 5 to 20 minutes, or until tender. Season with salt, pepper and sugar; add small amount of onion sautéed in 1 tablespoon butter, if desired. One-half cup bread or cracker crumbs may be used for thickening, or tomatoes may be served with croutons. Canned tomatoes may be substituted for the fresh. Use 8 large tomatoes for 6 portions, or allow $\frac{1}{2}$ to $\frac{2}{3}$ cup stewed tomatoes per portion.

STUFFED TOMATOES

6 firm, ripe tomatoes
salt and pepper

soft bread crumbs
1 teaspoon minced onion, sautéed
 $\frac{1}{2}$ cup dry bread crumbs, buttered

Wash tomatoes, remove stem ends, and scoop out center pulp, leaving a shell $\frac{1}{4}$ -inch thick; sprinkle with salt. Chop pulp and mix with an equal amount of soft bread crumbs; add sautéed onion and season to taste. Fill tomatoes with stuffing and place in greased baking dish; sprinkle with buttered crumbs and bake in moderately hot oven (375° F.) for 20 minutes. Serve with Cheese Sauce (page 377), Mushroom Sauce (page 379) or melted butter. Yield: 6 portions.



MODIFICATIONS OF STUFFED TOMATOES

(Use recipe on page 485)

Tomatoes with Celery—For stuffing, mix together 1½ cups chopped celery, ½ small onion, finely chopped, ¼ cup grated cheese, 1 tablespoon quick-cooking tapioca, 1 teaspoon salt and dash of pepper.

Tomatoes with Crabmeat—For stuffing, combine 1 cup flaked crabmeat, ½ cup dry bread crumbs, ¼ cup light cream, ½ teaspoon dry mustard, 1 teaspoon Worcestershire sauce and 1 teaspoon sherry. Season to taste with salt, pepper and paprika.

Tomatoes with Macaroni or Rice—For stuffing, sauté 2 cups cooked elbow macaroni or rice in ¼ cup olive oil 5 minutes, or until oil is absorbed. Season with salt, pepper, paprika and thyme, and stir in 2 tablespoons chopped chives.

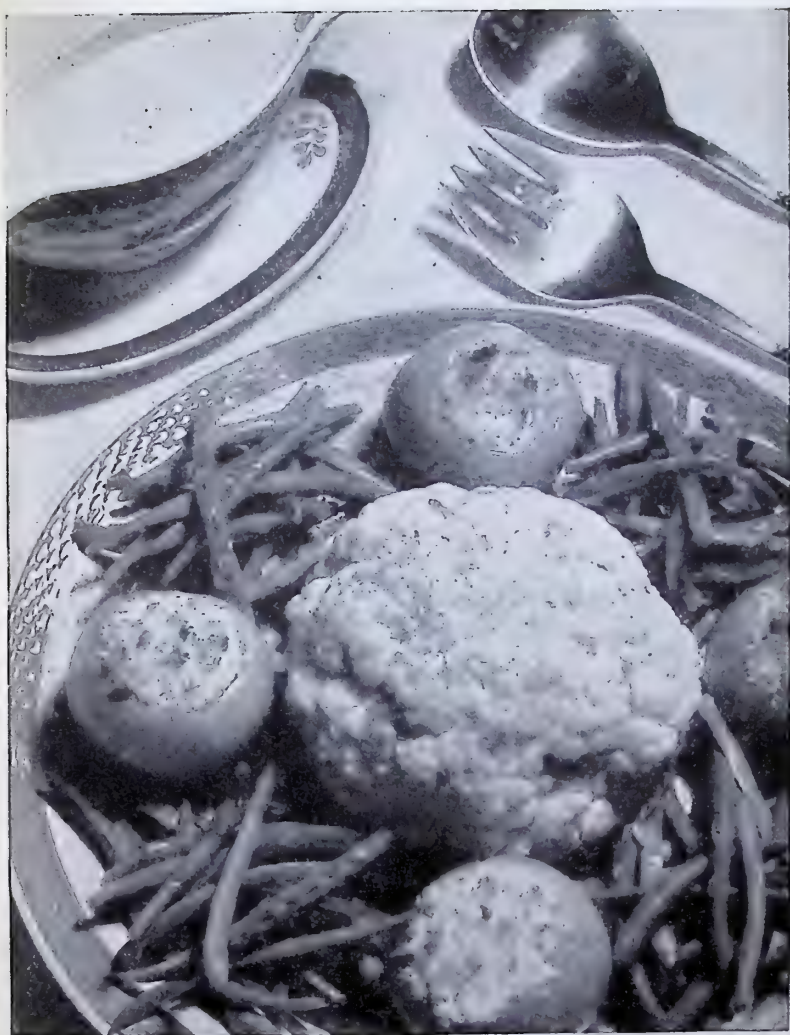
Tomatoes with Mushrooms and Corn—For stuffing, sauté 1 teaspoon chopped onion in 2 tablespoons butter; add 2 tablespoons chopped green pepper, 1 cup mushrooms, peeled and broken, 1 cup corn kernels, ¼ cup water and 1 egg, slightly beaten. Season to taste with salt, pepper and celery salt.

Tomatoes with Okra and Peppers—For stuffing, wash 12 okra pods and cut in rings; parboil 5 minutes and drain. Mix with 1 finely chopped green pepper, 3 tablespoons dry bread crumbs, 1 tablespoon butter, melted, and ½ teaspoon minced onion. Season to taste with salt, pepper and paprika.

Tomatoes with Olives—For stuffing, mix 1 cup Medium White Sauce (page 91) with 12 sliced olives, 2 hard-cooked eggs, diced, 2 slices crisp bacon, chopped, dash of cayenne and ½ teaspoon curry powder. Serve with Cheese Sauce (page 377).

Tomatoes with Oysters—Sprinkle tomato shells with celery salt and minced onion; fill with 1 or 2 oysters, marinated in French dressing; cover with buttered crumbs and bake in moderate oven (350° F.) for 20 minutes. Use as garnish for roast or game.

Tomatoes with Spinach—For stuffing, chop 2 cups cooked spinach; season with 1 tablespoon melted butter, ½ teaspoon salt and ½ onion, minced. Serve with Egg or Oyster Sauce (page 377).



A VEGETABLE DINNER

Succulent vegetables chosen for their pleasing flavor and color harmony make attractive and appetizing vegetable dinners. The round chop plate holds a head of tender cauliflower sprinkled with well-seasoned, sautéed crumbs. Creamy cheese sauce is served with it, while mushroom-stuffed tomatoes and shredded string beans encircle the cauliflower.

BROILED TOMATOES WITH OLIVE SAUCE

Wash 6 medium-sized tomatoes and cut in halves crosswise; brush cut surfaces with 2 tablespoons melted butter and sprinkle with salt, pepper and $\frac{1}{3}$ cup fine bread crumbs. Grated cheese may be added, if desired. Broil under moderate heat 2 minutes, or until lightly browned. Serve with Olive Sauce (page 377). Allow 1 tomato per portion.

FRIED TOMATOES

Wash firm, ripe or green tomatoes, remove stem ends and cut each crosswise in 3 or 4 slices. Dip in seasoned flour and fry in hot bacon drippings or butter about 2 minutes, turning to brown both sides. Serve at once. If desired, add 1 tablespoon flour to fat left in pan, mix until smooth and add $\frac{3}{4}$ cup milk or light cream; cook 5 minutes, or until smooth and slightly thickened, stirring constantly; serve on tomatoes. Allow 1 tomato per portion.

SCALLOPED TOMATOES

1 can (No. 2 $\frac{1}{2}$) solid pack tomatoes	1 small onion, sliced
1 medium-sized cucumber, peeled and sliced	$\frac{1}{2}$ cup buttered cracker crumbs salt and pepper
	$\frac{1}{2}$ cup grated cheese

Place $\frac{1}{3}$ of tomatoes in 6 buttered individual baking dishes or large casserole; add half of cucumber, onion and crumbs, and season with salt and pepper. Repeat with $\frac{1}{2}$ of remaining tomatoes and remaining cucumber, onion and crumbs; top with remaining tomatoes and sprinkle with cheese. Bake in moderately hot oven (375° F.) for 30 to 40 minutes. Approximate yield: 6 portions.

CUP-BAKED TOMATOES

6 medium-sized tomatoes	2 tablespoons butter
salt and paprika	$\frac{1}{4}$ cup prepared horseradish
1 cup Medium White Sauce (page 91)	1 tablespoon powdered sugar
	$\frac{1}{4}$ teaspoon mustard

Wash tomatoes, remove stem ends and place in greased individual custard cups. Cut a cross in the center top, sprinkle with salt and paprika, and dot with butter. Bake in hot oven (400° F.) for 20 minutes. Season white sauce with remaining ingredients and serve over tomatoes in cups. Approximate yield: 6 portions.

TOMATO FRITTERS

Wash 6 firm, ripe or green tomatoes, remove stem ends and cut cross-wise in 4 slices. Dip each slice in Cover Batter (page 699) and fry in hot deep fat (375° F.) for 2 to 3 minutes, or until delicately browned; drain on unglazed paper and serve at once. Allow 1 tomato per portion.

BAKED TOMATOES AND SQUASH

1 large yellow summer squash	6 slices fresh tomatoes
1 teaspoon salt	2 medium-sized onions, sliced
pepper	2 tablespoons butter

Wash squash, cut in half and remove seeds; place in buttered baking dish and sprinkle with salt and pepper. Place tomato slices and onion on top, sprinkle with salt and pepper and dot with butter. Cover and bake in moderate oven (350° F.) 45 minutes, or until squash is tender. Yield: 6 portions.

TOMATO CAKES

8 medium-sized tomatoes	½ teaspoon salt
4 eggs, well beaten	dash of pepper
3 tablespoons butter, melted	¼ cup cracker crumbs

Blanch, skin and cook tomatoes (page 485); cool. Combine remaining ingredients and add tomatoes, mixing well. Drop by spoonfuls on hot greased griddle; brown on both sides. Serve at once. Approximate yield: 6 portions.

TAMALE PIE

½ pound salt pork, diced	½ cup olive oil
1 medium-sized onion, sliced	1 tablespoon chili powder
1 can (No. 2) tomatoes	½ can (No. 2) hominy, chopped
½ can (No. 2) corn	1 egg, slightly beaten
½ cup yellow cornmeal	½ cup milk
1 teaspoon salt	1 cup chopped olives

Fry salt pork, add onion and brown slightly; boil tomatoes, corn, cornmeal and salt 5 minutes, stirring constantly; add salt pork and onion, oil, chili powder and hominy, stirring well, then cool. Combine egg and milk and stir into tomato-corn mixture; add olives and turn into casserole; bake, covered, in moderate oven (350° F.) about 1 hour. Left-over meats may be added to this dish. Yield: 6 to 9 portions.

BOILED TURNIPS OR RUTABAGAS

Use either medium-sized white turnips, or the larger stronger-flavored yellow turnips or rutabagas. Scrub, scrape or pare, cut in large pieces, slice or dice. Small turnips may be cooked whole, if desired. Cook, uncovered, in large amount of boiling salted water 15 to 45 minutes, or until just tender. Drain, mash, season with salt, pepper and butter; or serve as Creamed Vegetables (page 432). Allow 2 pounds (2 bunches) for 6 portions.

TURNIP CUPS WITH PEAS

Wash, pare and boil 6 small turnips (see above). Cut a slice from root end of each and scoop out centers; fill with 2 cups buttered peas (page 468) and brush cups with melted butter. Place in shallow pan in moderate oven (350° F.) for 10 minutes to heat thoroughly. Yield: 6 portions.

TURNIPS NEWBURG

Add 3 hard-cooked egg yolks, thoroughly mashed, to 2 cups Thin White Sauce (page 91) and cook and stir until smooth. Stir in 1 teaspoon anchovy paste; and add dash each of paprika, cayenne and mace; add 3 cups cooked diced turnips, heat thoroughly and serve on buttered toast rounds. Approximate yield: 6 portions.

TURNIPS WITH SAUCE POULETTE

Omit sherry in Sauce Poulette (page 390), stir in 1 slightly beaten egg yolk and cook 1 minute. Add 12 boiled small turnips or 2 cups quartered large turnips, heat thoroughly and serve at once.

GLAZED TURNIPS

8 small turnips	salt
3 tablespoons butter	1½ teaspoons sugar
1 cup bouillon	1 blade mace

Wash and peel turnips; cut in large cubes and boil about 5 minutes; drain and add to melted butter in saucepan. Add bouillon, salt, sugar and mace, and bring to a boil; cover and simmer about 15 minutes, or until turnips are tender. Uncover and cook until sauce is reduced to a glaze. Approximate yield: 6 portions.

Salads and Salad Dressings

SALADS have been valued for their health-giving properties since early Biblical days. The Romans enjoyed lettuce—*lactuca*, and chicory—*cichorium*. Onions and garlic were cultivated by the early Egyptians. We are urged to eat daily some fresh, raw vegetable for our quota of vitamins and minerals, for fresh vegetables and fruits are excellent sources of each.

Types of Salads. Salads may be classified according to their place in a meal, as light dinner salads, or as substantial luncheon or supper salads. They may also be grouped as greens, vegetable, fruit, meat or fish, and molded salads.

Light salads include combinations of mixed greens or fruits with a thin dressing. They may be served as appetizers, to accompany a meat course at luncheon or dinner, or as a special course following the roast. Heavy salads contain at least one substantial ingredient such as a protein (meat, fish or egg), or a starchy vegetable like potatoes.

Characteristics of a Good Salad. Salads should be thoroughly chilled, crisp, attractive, simple rather than elaborate, and accompanied by a tart dressing. Possible exceptions to this are the few salads that require a hot dressing.

492 *The Salad Bowl.* The bowl of mixed greens is the forerunner of all salads. Many who pride themselves on mixing a perfect green salad insist that the wooden bowl be well-seasoned before use. To do this, select a bowl large enough to allow ample room for mixing; rub several times with hot olive oil, wipe after each application, then rub with a cut clove of garlic. Repeat this process several times over a period of three weeks. Less particular people simply rub the bowl with cut garlic or a crust of bread enclosing the garlic. The bread becomes impregnated with the garlic. The garlic is removed, but the bread remains in the salad until the greens are mixed, then it is taken out before serving.

A well-seasoned salad bowl is never washed, but is wiped clean with a damp cloth after using and reserved solely for salads. A wooden fork and spoon crush tender leaves less than metal utensils, although, if gently handled, the leaves are never bruised as they are tossed lightly in the bowl with the dressing. The French have a nice word for this—"fatiguing" the salad.

Herbs in Salads. Besides parsley, chives, mint and mustard greens, most green or vegetable salads are improved with a sprinkling of finely chopped salad herbs. Chervil may be used in place of parsley; sprigs of peppergrass, sorrel, anise and basil add subtle and distinctive flavors; burnet suggests mild cucumber. Tarragon and dill—the latter particularly good with potato salad—are compatible with some meat and fish salads. Lemon balm, rue, rosemary and tender young nasturtium leaves and buds may be combined with fruit salads, or crushed and infused in the oil dressing that accompanies the salad.

Service of Salads. All salad plates should be thoroughly chilled. In a mixed green salad, beauty lies in the crisp, lively appearance of each green. Most combination fruit and vegetable salads are more attractive if formally arranged, but with a formality that is essentially simple. Ingredients should be heaped lightly, not packed or crushed. Color may be found in the ingredients or in

the garnishing, but should not be overdone in an effort to create a pictorial salad. The natural colors of the foods against a background or frame of dark and light salad greens are lovely enough to require little added garnishing. 493

Garnishing Salads. Suitable garnishings for vegetable salads include strips of pimiento, green and red peppers, hard-cooked egg, sprigs of green herbs and paprika. Fruit salads may be garnished with red and green cherries, strawberries and other small, dark fruits, ripe olives, fresh mint, nuts, coconut, shredded dates, figs and dark, pitted prunes. Meat and fish salads are made more attractive with sprigs of watercress and other pungent herbs, beets cut into small, fancy shapes, hard-cooked egg, green and red pepper, capers, plain and stuffed olives, pimiento and paprika.

Salad Accompaniments. The most popular accompaniments include crisp crackers, melba toast, pulled bread, crisp French or Italian bread, bread sticks, and tiny cucumber sandwiches or thin bread and butter cut into finger lengths. Cheese may be spread on crackers or shaped into balls, but it is never used in addition to a cheese dressing. When wine is served with salad, it is customary to pass cheese at the same time, to off-set the slightly acid flavor of the dressing.

CRISP VEGETABLES, GARNISHES

Carrot Straws—Wash and scrape or peel tender young carrots and cut in quarters, then in smaller strips, or cut in narrow strips, about three inches long. Place on plate, cover with damp cloth, and chill for an hour before serving.

Cucumber Slices—Peel cucumber; with a four-tined fork score the cucumber lengthwise, then cut in very thin slices; chill in ice water to crisp. Drain and sprinkle lightly with finely chopped parsley. When skin is tender, cut in slices without removing it; the rim is decorative.

Cucumber Strips—Peel cucumber and cut in half; remove seeds and cut solid portion into narrow strips about 3 inches long. Place on plate, cover with damp cloth and chill for 1 hour before serving.

494 **Celery, Club Style**—Remove the outer tough stalks of small bunch of celery or use celery hearts, and wash thoroughly in running water. Trim root-end and cut to an oval shape; if small, leave whole; if large, cut lengthwise in half, thirds or quarters. Wrap in cloth and chill 2 hours, or until cold and crisp. For **Stuffed Celery**, see Appetizers (page 171).

Celery Curls—Select large tender stalks of celery; cut in 3-inch lengths and slit each length in narrow parallel strips almost to the end. Place in water, add a quantity of chipped ice; as the slit celery chills the ends will curl. If desired, cut both ends of celery almost to center of piece, and when chilled, both ends will curl.

Chicory or French Endive—Select the tender white leaves from the heart. Wash and crisp in ice water; serve as salad. For **stuffed endive**, see Appetizers (page 171).

Onion Rings—Select large, mild onions—Bermuda or Spanish onions are good. Cut in thin slices crosswise and place in ice water. When thoroughly chilled and crisp, loosen rings with a fork and drain well; serve on relish dish with carrot strips, radish roses, or other crisp vegetables.

Onion Slices—Peel and slice small white onions. Cover with equal amounts of vinegar and water. Add cucumber slices, if desired; let stand 1 hour. Drain and sprinkle with salt and pepper.

Scallions—These tiny spring onions are a popular relish. Wash well, trim green stalks, leaving about 2 inches; peel onion if skin is loose or shriveled, and chill in ice water.

Radishes—Select firm radishes with unwilted leaves. Wash or scrub thoroughly; cut off tails on root ends, and blemishes, if any; then rinse. Wrap in cloth and place in refrigerator for 1 to 2 hours, or until crisp and cold.

Radish Fans—Select firm, rather long radishes and wash well. With a thin sharp knife, cut thin slices crosswise almost through the radish. Chill in ice water and as they chill the slices spread, fan shaped.

Radish Roses—Select firm round radishes, uniform in size, with no blemishes; wash and cut tops leaving about 1 inch of stem on each. Cut a thin slice from root end of each. With a sharp thin knife, cut uniform thin strips of the red peel almost through to the stems. Place radishes in ice water; as they chill, the peel will curl back like petals.

SALAD GREENS

495

The most used salad greens are lettuce (leaf, Big Boston and White Big Boston—butter head type, Iceberg or Simpson), romaine, Chicory or French or Belgian Endive, Curly Endive, watercress, escarole, parsley, tender spinach and dandelion leaves, Chinese or celery cabbage, tender cabbage leaves, fennel, salad chervil and nasturtium leaves. Remove all wilted leaves and wash thoroughly to remove sand; heads are more easily cleaned if core is removed and water is permitted to run down through head. Drain thoroughly and wrap in cloth, or place in vegetable container or bag, and chill until ready to use. Use many of these alone or in combination in bowl or on salad plate, or use as garnish. Marinate with an acid dressing or serve with a French, mayonnaise or cooked dressing.

MIXED GREEN SALADS

Green salads may be mixed, marinated and served in the same wooden, glass or china bowl. Or the greens may be arranged on salad plates and served with French Dressing or one of the modifications (page 530). For a suggestion of garlic or onion, rub bowl with a freshly cut surface of either. Greens are always crisp and chilled. The French break greens in pieces. Greens may also be cut in quarters, pieces or shredded, according to type. Toss together lightly with a large spoon and fork or two forks. Use one of the following combinations of vegetables:

- Lettuce and watercress
- Lettuce, curly endive, spinach
- Lettuce, romaine, and chicory (French endive)
- Lettuce, romaine, watercress, chicory, sliced green pepper
- Lettuce, sliced cucumbers and radishes, chopped scallions, slices of garlic, green pepper rings
- Lettuce, romaine, chicory, endive, escarole, chopped onion and garlic
- Curly endive, chopped pimiento
- Chicory, endive, tomato sections
- Romaine, sliced radishes and cucumbers
- Romaine, chopped pimiento, green pepper, green and ripe olives
- Romaine, dandelion greens, watercress, sliced radishes, minced scallions
- Dandelion greens, chicory, garlic and diced crisp bacon

VEGETABLE COMBINATION SALAD

Raw, freshly cooked or canned vegetables may be used in many combinations and in varying amounts in salads. They may be mixed, marinated and served in salad bowl or arranged as individual salads (see Mixed Green Salads, page 495). Allow $\frac{1}{2}$ to $\frac{2}{3}$ cup salad per portion.

Raw Vegetable Salad—Marinate separately for 30 minutes equal amounts of grated raw carrots, beets and cucumber in French dressing. Place separately in small lettuce cups arranged 3 on each salad plate and serve with French dressing.

Raw Cauliflower Salad—Slice thinly crisp, uncooked cauliflower flowerets and marinate in French dressing $\frac{1}{2}$ hour. Drain, add sliced celery heart, chopped red sweet pepper and sweet pickles, salt, pepper and onion juice, and mix thoroughly. Pack in small molds and unmold on bed of crisp lettuce and garnish with rings of green and red pepper. Serve with mayonnaise.

Cooked Vegetable Salad—Mix equal amounts of cooked peas, string beans, cut in strips, diced carrots and diced cauliflower, asparagus tips, cubed, a clove of garlic or onion slices; sprinkle with salt and marinate in French dressing 1 hour in refrigerator. Drain off excess dressing and remove garlic or onion. Arrange in lettuce cups on salad plates or group on one large platter.

Hallowe'en Salad—Mix lightly canned kernel corn, cooked shredded string beans, cubed cooked potatoes, and hard-cooked eggs, chopped; season to taste with minced onion, salt and pepper, and fold in mayonnaise. Serve in lettuce cups, garnish with tomato slices and sprinkle with grated cooked egg yolk.

Macedoine Salad—Marinate separately with French dressing cooked cauliflower, separated into small pieces, cooked peas and diced carrots. Drain and combine vegetables, arrange on crisp lettuce leaves and sprinkle with sliced stuffed olives. Serve with French dressing.

Picnic Salad—Mix lightly kidney beans, diced celery, chopped green pepper and sliced hard-cooked eggs with mayonnaise to moisten. Season with salt and pepper and serve in bowl lined with crisp lettuce.

ARTICHOKE SALAD

Cut 6 chilled, boiled artichokes (page 435) in halves and remove the chokes; place 2 halves on individual salad plates and serve, cut side up, with mayonnaise. Approximate yield: 6 salads.



MODERN REFRIGERATION PROVIDES

The meatkeeper which enables the housewife to take advantage of week-end bargains.

Vegetable and fruit bins with sliding glass covers, allowing instant knowledge of drawer contents while safeguarding moisture content and crispness.

Flat topped storage dishes, allowing stacking for greater storage capacity.

A freezing compartment designed to produce large quantities of ice cubes and to store "quick frozen foods" for a weekend.

ASPARAGUS SALADS

Use cooked or canned asparagus tips; drain and chill. They may be marinated in French dressing or any other dressing 1 hour before serving. Serve on crisp lettuce, or other greens. Allow 4 to 6 tips per portion.

Asparagus Tip Salad—Marinate tips in French dressing, arrange in bundles in green pepper rings, or with thin strips of pimiento over top, or arrange like spokes of a wheel with ends at center, and with tiny crisp hearts of lettuce leaves between tips. Serve with French dressing, Chiffonade Dressing (page 531), mayonnaise or Thousand Island Dressing (page 529).

Goldenrod Asparagus Salad—Cut off lengthwise, whites from opposite sides of hard-cooked eggs, then cut each egg in 3 lengthwise slices. Remove yolks and force through fine sieve. Put 4 asparagus tips through each oval ring of egg white and place on crisp lettuce or watercress. Garnish with egg yolk and sprinkle lightly with paprika, salt and pepper. Serve with French dressing.

ASPARAGUS MACEDOINE SALAD

2 cups cooked asparagus (1-inch pieces)	¼ cup French dressing
6 peeled, sliced radishes	lettuce
4 scallions, sliced	green pepper
4 tablespoons chopped watercress	mayonnaise
	18 cooked asparagus tips

Mix together cooked asparagus, radishes, scallions and watercress; moisten with French dressing. Arrange nests of lettuce leaves on individual salad plates and heap with vegetable mixture. Cap the mound of salad with rings of green pepper and add a tablespoon of mayonnaise and place upstanding 3 asparagus tips. Approximate yield: 6 portions.

BEAN SALADS

Use cooked or canned green or waxed string beans, lima, navy or kidney beans. Chill thoroughly and marinate in French dressing ½ to 1 hour before serving, if desired. Allow ½ to ⅔ cup per portion.

String Bean-Pimiento Salad—Mix together lightly 3 cups shredded string beans, 1 pimiento, cut in slender strips, and dash each of salt and pepper. Serve in crisp lettuce cups with ⅓ cup Cooked Salad Dressing (page 533) mixed with 2 tablespoons chow chow. Approximate yield: 6 salads.

Lima Bean Salad—Mix together 3 cups lima beans, 1 cup chopped celery, 1 tablespoon minced onion, 3 tablespoons India relish, $\frac{1}{2}$ teaspoon salt and mayonnaise to moisten. Serve on crisp lettuce, garnish with slices of hard-cooked eggs and sprinkle with paprika. Approximate yield: 6 salads.

Baked Bean and Bacon Salad—Mix together 2 cups baked beans, 6 slices crisp bacon, diced, $\frac{1}{2}$ cup diced cooked beets, 2 stalks celery, chopped, 2 tablespoons minced sweet pickle, 1 tablespoon ketchup and Cooked Salad Dressing (page 533) to moisten. Serve in lettuce cups. Approximate yield: 6 salads.

Kidney Bean and Apple Salad—Mix together $2\frac{1}{4}$ cups drained, cooked kidney beans, $\frac{1}{4}$ cup diced tart apple, $\frac{1}{2}$ cup chopped cabbage, $\frac{1}{2}$ teaspoon salt and mayonnaise to moisten. Serve on crisp salad greens. Approximate yield: 6 salads.

BEET SALADS

Beet Salad—Marinate 6 medium-sized beets, sliced, and 1 small onion, sliced, in $\frac{1}{3}$ cup French dressing for 1 hour. Arrange on crisp lettuce and serve with $\frac{1}{3}$ cup mayonnaise mixed with 1 tablespoon horseradish. Approximate yield: 6 salads.

Beet Cup—Use 6 medium-sized cooked or canned beets; cut a slice from end of each so that they will stand; then scoop out centers from stem ends, leaving thin walls. Marinate in French dressing, if desired. Chop removed beet and mix with an equal amount of minced cabbage and 3 tablespoons chopped walnuts. Season lightly with salt and paprika, and moisten with mayonnaise. Pile into beet cups, place each on a nest of crisp lettuce leaves and garnish with 3 capers. Yield: 6 salads.

BEET AND ORANGE SALAD

6 medium-sized boiled beets	3 tablespoons minced Bermuda onion
2 medium-sized oranges	lettuce
$\frac{1}{3}$ cup mayonnaise	

Chill beets and scoop out centers; remove sections from oranges, dice, drain and mix with onion. Fill beets with orange-onion mixture, and serve on crisp lettuce with a topping of mayonnaise. Yield: 6 portions.



CABBAGE SALADS

Remove wilted leaves from firm head of cabbage; cut in half or thirds, then cut in fine shreds and soak in ice or very cold water $\frac{1}{2}$ hour or until crisp. Drain and dry between towels or absorbent paper; wrap and let stand in refrigerator until ready to use. Serve salads in large bowl. One pound cabbage makes about $3\frac{1}{2}$ cups shredded cabbage. Allow $\frac{1}{2}$ to $\frac{2}{3}$ cup shredded cabbage per portion.

Coleslaw—Mix 3 cups crisped and dried shredded cabbage with 1 cup Cooked Salad Dressing (page 533), or Sour Cream Dressing (page 532), adding salt and pepper to taste. Approximate yield: 6 portions.

Virginia Coleslaw—Put small head of cabbage through food chopper, add 2 teaspoons salt, mix well and let stand 1 hour; drain. Grind 2 small peppers (seeded) and add to cabbage. Combine $\frac{1}{4}$ teaspoon each of pepper and paprika, 3 tablespoons sugar, 2 tablespoons lemon juice and 3 to 4 tablespoons heavy cream; pour over cabbage and mix lightly. Equal amounts of green and red cabbage may be used. Approximate yield: 6 portions.

Cabbage and Apple Coleslaw—Mix 2 cups crisped and dried shredded cabbage, 1 cup diced apple with $\frac{1}{3}$ cup Cooked Salad Dressing (page 533), adding salt and pepper to taste. Approximate yield: 6 portions.

Cabbage and Carrot Salad—Mix 2 cups crisped and dried shredded cabbage, 3 medium-sized finely shredded carrots, $\frac{1}{3}$ teaspoon each of salt and onion juice and 3 tablespoons mayonnaise or Cooked Salad Dressing (page 533). Approximate yield: 6 portions.

Cabbage Relish Salad—Mix 3 cups crisped and dried shredded cabbage, $\frac{1}{2}$ cucumber, diced, $\frac{1}{2}$ green pepper, finely shredded, $\frac{1}{4}$ cup chopped celery and 1 tablespoon minced onion; add mixture of $\frac{1}{2}$ cup vinegar, 1 teaspoon salt and $\frac{1}{8}$ teaspoon pepper, and mix lightly with fork. Marinate in refrigerator for 1 hour. Just before serving add $\frac{1}{2}$ cup light cream. Approximate yield: 6 portions.

Cabbage and Pineapple Salad—Mix 2 cups crisped and dried shredded cabbage and 1 cup diced fresh pineapple and $\frac{1}{2}$ cup Cooked Salad Dressing (page 533) or Sour Cream Dressing (page 532); season with salt and pepper to taste. Approximate yield: 6 portions.

Hot Slaw—Place 4 cups shredded cabbage in flat-bottomed saucepan, add 1 teaspoon salt, $\frac{1}{8}$ teaspoon pepper, 1 cup light cream and 2 tablespoons vinegar, and heat until cream boils, stirring lightly with fork. Serve immediately. Approximate yield: 6 portions.

CARROT SALADS

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Use raw, cooked or canned carrots; chop, cube, slice thinly, cut in match-like strips, grate or shred. Serve plain, in combination with other vegetables, or with fruit, meat or fish. Allow $\frac{1}{2}$ to $\frac{2}{3}$ cup per portion.

Carrot, Pea and Peanut Salad—Mix equal amounts of diced cooked carrots and celery, and cooked peas; add a small amount of chopped peanuts; moisten with French dressing seasoned with minced fresh mint. Serve on shredded romaine.

Carrot and Raisin Salad—Mix grated raw carrots with seedless raisins, using $\frac{1}{4}$ cup raisins to 1 cup carrots; add French or mayonnaise dressing to moisten. Serve on crisp lettuce, watercress or shredded romaine.

CAULIFLOWER SALADS

Cauliflower may be used raw or cooked in many combinations. Select small heads, remove leaves and blemishes; wash and soak in cold water $\frac{1}{2}$ hour. Separate flowerets, cut in large pieces or slice, shred, or chop; slice or chop stems fine. Marinate in refrigerator for $\frac{1}{2}$ hour. Allow 1 to 2 flowerets per salad.

Cauliflower and Green Pepper Salad—Combine 1 cup shredded raw cauliflower, $\frac{1}{2}$ cup diced celery, 3 tablespoons minced green pepper, 2 tablespoons chopped sweet pickle, dash of salt, and $\frac{1}{4}$ cup French dressing; chill $\frac{1}{2}$ hour. Place on salad plates on nest of shredded lettuce, garnish with tomato sections and serve with additional dressing. Approximate yield: 6 salads.

Cauliflower and Orange Salad—Combine $\frac{3}{4}$ cup each shredded raw cauliflower flowerets, diced orange sections and diced celery, 3 tablespoons minced green pepper, $\frac{1}{2}$ teaspoon salt and a few drops of onion juice, and chill; marinate with French dressing, if desired. Place on individual plates on a salad green and serve with French dressing. Approximate yield: 6 salads.

CUCUMBER COMBINATION SALAD

Chill 1 large cucumber; peel with a fluted knife and slice thinly. Add 1 cup sliced celery hearts, $\frac{1}{2}$ cup broken pecan meats, and $\frac{1}{3}$ cup shredded red and green peppers. Moisten with mayonnaise mixed with whipped cream. Arrange in mounds on thick slices of tomatoes. Set in nests of lettuce leaves and sprinkle each with 1 teaspoon finely chopped Bermuda onion. Approximate yield: 6 salads.

STUFFED CUCUMBER CUPS

Wash 3 small cucumbers and score lengthwise with a fork; cut in halves crosswise, cut off ends and hollow out centers, discarding seeds and saving pulp. Sprinkle insides with salt and pepper, and chill 20 minutes. Fill cups with mixture of 1 package (3-oz.) cream cheese, finely chopped cucumber pulp, $\frac{1}{8}$ teaspoon each of salt and paprika, and 1 teaspoon lemon juice. Garnish with bit of pimienta and serve on beds of fresh watercress with French dressing. Yield: 6 salads.

STUFFED CUCUMBER SALAD

Select 2 medium-sized cucumbers, cut in half crosswise, peel thinly and dig out the seeds, leaving the entire centers hollow; sprinkle with salt, pepper and Worcestershire sauce, and chill 20 minutes. Combine 2 packages (3-oz. each) cream cheese, $\frac{1}{4}$ cup each chopped onion and green pepper; season with salt and paprika; stuff firmly into cucumber shells. Put shells together, fasten with toothpicks and roll in French dressing; chill. To serve, cut in $\frac{1}{4}$ -inch slices, place on shredded crisp lettuce and garnish with strips of pimienta; pour thick French dressing over salad. Approximate yield: 6 to 8 salads.

STUFFED GREEN PEPPER SALAD

Wash 2 large green peppers, cut off tops and remove seeds; chop tops for filling. Mash 2 packages (3-oz. each) cream cheese and mix to a paste with $\frac{1}{3}$ cup mayonnaise. Add $\frac{1}{4}$ cup stuffed Spanish olives, chopped, chopped green pepper, $\frac{1}{2}$ teaspoon salt and dash of pepper and mix thoroughly. Pack into green peppers and chill. Slice thin and arrange on bed of crisp lettuce. Serve with Russian Dressing (page 529). Approximate yield: 6 portions.

POTATO SALAD

3 cups diced, hot potatoes	dash of pepper
2 hot, hard-cooked eggs, chopped	2 tablespoons sugar
$\frac{1}{2}$ cup diced cucumbers	2 tablespoons vinegar
$\frac{1}{2}$ cup diced celery	$\frac{1}{2}$ cup mayonnaise or Cooked Salad
2 tablespoons minced onion	Dressing (page 533)
1 teaspoon salt	

Mix thoroughly and chill; sugar may be omitted, and one or several of the following vegetables may be substituted for cucumbers or celery or both: diced radishes, chopped cabbage, minced pimientos, chopped green peppers or chopped sweet pickles. Approximate yield: 6 portions.

POTATO-BACON SALAD

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| 4 cups diced, hot potatoes | 1 pimienta, chopped |
| 8 slices crisp bacon, crumbled | 2 tablespoons chopped chives |
| 12 stuffed olives, chopped | ½ cup French dressing |

Mix thoroughly and let stand until cold. Serve in salad bowl lined with salad leaves, if desired. Approximate yield: 6 portions.

HOT POTATO SALAD RING

Boil 6 medium-sized potatoes in their skins; peel and dice into salad bowl rubbed with garlic. Add ½ cup minced celery, 1 small onion, minced, 1 green pepper, minced, and 1 cup hot Cooked Sour Cream Dressing (page 532) and mix thoroughly. Season to taste and arrange, ring shape, on large chop plate. In center of ring, serve a tomato sauce made by cooking until thick 1½ cups canned tomatoes, 1 onion, minced, 1 teaspoon minced chives, ¼ teaspoon salt and a dash of paprika. Approximate yield: 6 portions.

SWEET POTATO AND HAM SALAD

- | | |
|-------------------------------------|-------------------------|
| 3 cups cooked, diced sweet potatoes | watercress or lettuce |
| 1 cup finely chopped celery | 1 cup cubed, cooked ham |
| 1 small red chili pepper | 6 stuffed egg halves |
| ¼ cup French dressing | mayonnaise |

Marinate sweet potatoes, celery and chili pepper in French dressing ½ hour. Arrange watercress or lettuce on plates; place ham cubes in center and arrange potato mixture in small mound on ham. Garnish with stuffed eggs and serve with mayonnaise. Yield: 6 salads.

STUFFED TOMATO SALADS

Wash medium-sized, firm, ripe tomatoes; peel, if desired, and scoop out centers. Sprinkle insides with salt, invert and chill in refrigerator. Fill with stuffing, serve on crisp salad green with salad dressing, and garnish as desired. The following fruit, vegetable, fish, or meat stuffings may be used:

Avocado Stuffing—Mix together diced avocado, chicory or French endive, and celery hearts; moisten with French dressing.

SALADS [[VEGETABLE SALADS]]

504 **Orange Stuffing**—Mix together diced orange sections, chopped tomato pulp, drained, and minced onion or chives; moisten with dressing.

Pineapple-Cabbage Stuffing—Mix shredded fresh pineapple and cabbage, and chopped tomato pulp, drained; moisten with mayonnaise.

Pineapple-Cheese Stuffing—Mix together finely chopped fresh or canned pineapple, and tomato pulp, drained, minced scallion and watercress, and cream cheese; moisten with mayonnaise.

Carrot-Olive Stuffing—Mix together grated raw carrot, minced, stuffed olives and tomato pulp, and cream cheese; moisten with cream and serve with salt and pepper.

Corn and Green Pepper Stuffing—Mix together cooked kernel corn, diced celery, tomato pulp, drained, and minced green pepper and pimiento; sprinkle with salt and marinate in French dressing. Top filled tomatoes with frankfurters, boiled, skinned, sliced and sautéed in butter, if desired.

Crabmeat Stuffing—Mix flaked crabmeat, diced celery, chopped tomato pulp, minced pimiento and capers. Moisten with mayonnaise.

Chicken Stuffing—Substitute diced chicken and cucumber for crabmeat and celery, and omit capers in crabmeat stuffing.

SUNDAY NIGHT SALAD BOWL

1 clove garlic, halved	2 stalks chicory, thinly sliced
1 bunch watercress	3 tomatoes, cut in small pieces
1 bunch chicory	1 bunch scallions, chopped
1 small head lettuce	3 tablespoons Roquefort cheese, crumbled
5 radishes, thinly sliced	3 slices bacon, chopped
3 stalks celery, chopped	½ cup Anchovy Dressing (page 531)
1 raw carrot, thinly sliced	

Rub a large salad bowl with both halves of the garlic. With fingers break the greens (watercress, chicory, lettuce) into small pieces into bowl; add other ingredients and mix thoroughly. Doing this properly requires about 5 minutes. Marinate with ½ cup dressing and serve with additional dressing in bowl. Approximate yield: 6 portions.

FRUIT SALADS

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Fresh, cooked or canned fruits are used in many combinations in salads. Choose firm, perfect fruit. Prepare fruit that discolors, such as apples, avocados, bananas and peaches, just before serving, or dip in lemon juice to prevent discoloration. Pare, peel or leave skin on; scoop out to make cups, halve, quarter, slice, remove sections or dice. Marinate if desired, chill and drain. Serve in salad bowl, or on individual plates on a salad green. Allow about $\frac{1}{2}$ cup fruit per salad.

Waldorf Salad—Combine diced apples, celery, and mayonnaise or Cooked Salad Dressing (page 533); add chopped walnuts just before serving.

Avocado and Grapefruit Salad—Peel avocados and slice lengthwise; marinate in French dressing $\frac{1}{2}$ hour. Place 4 slices alternately with 3 sections of grapefruit on 5 crisp stalks of chicory or French endive on each salad plate. Serve with Cream Mayonnaise (page 528), or use tomatoes or cucumbers and French dressing with avocados.

Avocado-Persimmon Salad—Substitute persimmons for grapefruit in salad above; arrange on beds of watercress on salad plates or in individual wooden bowls and serve with French dressing.

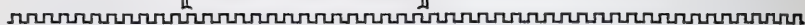
Summer Salad—Peel avocados, cut in half lengthwise, remove large stone and cut crosswise in about $\frac{3}{4}$ -inch slices; marinate in French dressing. Place 2 slices together to form ring on crisp lettuce leaves and fill center with mixture of chopped beets and celery. Serve with French dressing.

Banana Glacé Fruit Salad—Slice bananas and sprinkle with lemon juice; arrange on crisp romaine, sprinkle with minced glacé fruit and top with Cream Mayonnaise (page 528).

Ginger-Fruit Salad—Combine diced orange sections and canned pineapple, sliced bananas, seedless or seeded, halved grapes, chopped candied ginger and nut meats, and Lime French Dressing (page 531). Serve in crisp lettuce cups.

Grapefruit, Pineapple, Apricot Salad—Place sliced pineapple on crisp lettuce; build wedges of grapefruit sections around pineapple; place apricot half, hollow side up, in center and fill with mixture of chopped celery and dates. Serve with Fruit French Dressing (page 531).

SALADS || FRUIT SALADS ||



506 **Orange and Onion Salad**—Peel and slice seedless oranges crosswise; place 2 slices on crisp salad green on each plate and top with a thin slice of Bermuda onion. Serve with French dressing. For **Orange Mint Salad**, omit onion, add chopped mint to French dressing and serve on crisp lettuce, garnished with sprigs of mint.

Peach Salad—Mix together diced canned pineapple, fresh peaches and celery, blanched almonds and Cream Mayonnaise (page 528); serve in lettuce cups.

Pear Salad—Place drained canned pear half, cut side down, on bed of crisp lettuce on salad plate; stick with blanched sliced almonds and garnish with sliced maraschino cherries. Serve with French dressing mixed with melted currant jelly.

Dessert Salad—Combine cantaloupe balls or cubes, diced bananas, quartered marshmallows, pecan halves and Cooked Salad Dressing (page 533). Serve on crisp lettuce.

FRUIT PLATTERS FOR BRIDGE

Use large silver platter or glass tray; fill center depression with chipped ice and imbed crisp lettuce cups in it for each fruit. Fill cups individually with the following or similar fruits:

Frosted Grapes—Dip small clusters of large purple California or small green seedless grapes in slightly beaten egg white; when nearly dry shake fine granulated sugar over them.

Pear Slices—Cut ripe Bartlett pears in thin slices and dip in heavy ginger syrup just before placing in lettuce cup.

Orange Bowls—Cut seedless oranges in halves leaving a pointed elevated side for a handle. Remove pulp in sections; mix with crystallized cherries, bits of marrons glacés, and blanched almonds, sprinkle with powdered sugar and maraschino liqueur. Fill bowls and half bury them in cracked ice.

Filled Cantaloupe—Cut small melons in halves, remove seeds, imbed in ice and fill with clusters of cherries and fragments of ice.

Strawberries and Pineapple Cones—Dip unhulled large strawberries and pineapple cones (page 71) in powdered sugar.

Apricot Bursts—Remove stones from large ripe apricots, opening only enough to remove stones and not break skins unnecessarily. Fill centers of pitted lichee nuts or pitted dates with a wedge of Roquefort or sharp cheese, slip one into each apricot and press together lightly, leaving nut barely visible.

Watermelon Chips—Cut watermelon into small strips $\frac{1}{4}$ inch thick. Garnish with a sprig of watercress.

JAPANESE PERSIMMON SALAD

4 large persimmons	$\frac{1}{2}$ cup diced, fresh pineapple
lettuce	4 teaspoons chopped pistachio nuts
$\frac{3}{4}$ cup diced, canned pears	4 teaspoons chopped English walnuts
$\frac{1}{2}$ cup sliced, canned peaches	1 cup Honey Cream Dressing
$\frac{3}{4}$ cup seedless grapes	(page 528)

Select ripe persimmons; wash and cut in quarters at the small end, leaving an uncut portion at the stem end so that the quarters may be spread apart but will remain attached. Do not peel persimmons if you wish to preserve the natural shape of fruit; if it is fully ripe, it is very easy to cut pulp away from skin with fork while eating it. Place a persimmon in center of bed of lettuce on salad plate; spread apart and fill center with mixture of remaining fruits. Sprinkle 1 teaspoon each of pistachio and English walnuts on top of each and serve salad dressing on side. Yield: 4 salads.

MINTED FRUIT SALAD

$\frac{3}{4}$ cup diced fresh pineapple	$1\frac{1}{2}$ cups ginger ale
$\frac{3}{4}$ cup sliced bananas	$\frac{1}{2}$ cup lemon juice
$\frac{3}{4}$ cup cubed oranges or peaches	$\frac{1}{4}$ bunch mint, minced
$\frac{3}{4}$ cup diced cantaloupe	lettuce
$\frac{3}{4}$ cup marshmallows, quartered	cantaloupe balls
$1\frac{1}{2}$ tablespoons powdered sugar	mint sprigs

Lightly combine pineapple, bananas, oranges or peaches, cantaloupe, marshmallows and sugar. Mix ginger ale and lemon juice, and pour over fruits; chill about 2 hours in refrigerator. To serve, drain off ginger ale, lightly mix mint into fruits and serve on lettuce; garnish with cantaloupe balls and sprigs of mint. Yield: 6 salads.

SALADS [[FRUIT SALADS]]



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APRICOT SALAD

6 large, ripe apricots	4 tablespoons chopped olives
2 cups diced celery	mayonnaise
½ cup broken nut meats	salt and pepper

Peel, stone and cut apricots in halves; fill halves with mixture of celery, nuts, olives, mayonnaise to moisten, and salt and pepper to taste. Serve 2 halves on bed of crisp salad greens on individual plate. Approximate yield: 6 salads.

CANTALOUPE WALDORF SALAD

2 cups diced cantaloupe	¼ cup French dressing
1 cup diced apples	½ cup chopped nuts
1 cup diced, fresh peaches	lettuce
1 cup minced celery	1 cup Cream Mayonnaise (page 528)

Combine fruits and celery; marinate in French dressing 10 minutes. Drain off excess dressing, add nuts and serve on crisp lettuce on individual plates. Top with Cream Mayonnaise. Yield: 6 salads.

STUFFED PRUNE OR DATE SALAD

Use steamed prunes or pitted large dates; stuff with cream cheese or a spicy soft cheese moistened with mayonnaise and seasoned with salt and paprika. Serve 3 to a salad on a bed of crisp lettuce, romaine, escarole or watercress.

VALENTINE FRUIT SALAD

1 can (No. 2½) pears	1 can (No. 2½) sliced pineapple
½ cup red cinnamon drops	½ cup chopped nuts
3 tablespoons vinegar	1½ cups Cream Mayonnaise
lettuce	(page 528)

Drain pears; to pear syrup add cinnamon drops and vinegar, and bring to a boil. Trim each pear half into heart shape and simmer in syrup 20 minutes; chill. Place pear half, hollow side down, on crisp lettuce arranged on individual plates. Cut pineapple in small sections and arrange around pears. Sprinkle nuts around edge of salad to give lacy effect. Serve mayonaisse in separate bowl. Yield: 8 salads.

MEAT, CHICKEN AND FISH SALADS

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Use well seasoned cooked meat or poultry, or use cooked or canned fish. Remove bone, skin, fat and gristle from meat and poultry; cut in $\frac{1}{4}$ - to $\frac{1}{2}$ -inch cubes, cut or flake fish. Toss lightly with mayonnaise or Cooked Salad Dressing (page 533), adding additional salt, if necessary. Chill, serve in salad bowl or individual plates. Garnish with crisp greens and additional dressing, cooked or raw vegetables, fruit. Macaroni, etc., may be substituted for part of meat, chicken or fish, if desired. Additional flavor may be given to meat and poultry salads by marinating with a little French dressing before mixing. Allow 3 cups ingredients and about $\frac{3}{4}$ cup dressing for 6 portions.

MEAT SALADS

Ham and Cheese Salad—Use 1 cup diced ham, 1 cup diced cheese, 1 small onion, diced, $\frac{1}{2}$ cup celery. Garnish with slices of tomato and hard-cooked eggs.

New England Salad—Use $\frac{3}{4}$ cup diced corned beef, cooked or canned, 1 cup each diced cooked beets and potatoes, $\frac{1}{2}$ cup chopped celery, 1 tablespoon minced onion, $\frac{1}{2}$ teaspoon salt and 2 hard-cooked eggs, coarsely chopped.

Rosy Veal Salad—Marinate 2 cups diced veal in $\frac{3}{4}$ cup red wine vinegar for $\frac{1}{2}$ hour. Add $\frac{1}{2}$ pound water chestnuts, peeled and diced, heart leaves of 1 head curly chicory and $\frac{1}{2}$ bunch watercress; sprinkle with chives.

Veal Salad—Use $1\frac{1}{2}$ cups diced veal, $\frac{3}{4}$ cup diced celery, 2 hard-cooked eggs, chopped, and 8 stuffed olives, sliced. Veal may be substituted for all or part of the chicken in any recipe for chicken salad.

Sweetbread Salad—Use 1 cup diced sweetbreads, 1 cup diced celery and 1 cup diced cucumber.

Sweetbread and Orange Salad—Use $1\frac{1}{2}$ cups diced sweetbreads, 1 cup diced orange and $\frac{1}{2}$ cup diced celery.

Tongue and Vegetable Salad—Use $1\frac{1}{2}$ cups each diced cooked tongue and finely shredded cabbage, 1 large carrot, shredded, $\frac{3}{8}$ cup diced, sweet pickles, $\frac{1}{2}$ teaspoon salt and enough Savory Mayonnaise (page 529) to moisten.



CHICKEN SALADS

Chicken and Asparagus Salad—Use $1\frac{1}{2}$ cups diced chicken, 1 cup asparagus tips, 2 tablespoons minced green pepper and $\frac{1}{4}$ cup chopped cabbage.

Chicken and Cabbage Salad—Use 2 cups shredded cabbage, $\frac{1}{2}$ cup diced chicken, $\frac{1}{2}$ cup diced ham and $\frac{1}{4}$ cup minced pimiento.

Chicken Salad—Use 2 cups diced chicken, $\frac{1}{2}$ cup chopped celery, $\frac{1}{2}$ cup diced cucumbers and 2 tablespoons capers.

Chicken and Mushroom Salad—Use 2 cups chicken, $\frac{1}{2}$ cup sautéed mushrooms, $\frac{1}{2}$ cup diced celery; garnish with grapefruit sections.

Chicken and Olive Salad—Use 2 cups diced chicken, $\frac{3}{4}$ cup diced celery, $\frac{1}{3}$ cup sliced stuffed olives. Garnish with sliced hard-cooked eggs.

Chicken and Pineapple Salad—Use 2 cups diced chicken, 1 cup diced fresh pineapple and 12 ripe olives, diced.

Chicken and Sweetbread Salad—Use 1 cup each diced chicken and sweetbreads, $\frac{1}{2}$ cup celery, 3 hard-cooked eggs, sliced and 3 stuffed olives, sliced.

Chicken and Tomato Salad—Use 1 cup diced chicken, $\frac{1}{2}$ cup diced, crisp bacon and 1 cup diced tomato.

Chicken and Tongue Salad—Use 1 cup diced chicken, 1 cup diced tongue, $\frac{1}{2}$ cup diced celery and $\frac{1}{2}$ cup sliced stuffed olives.

Chicken and Vegetable Salad—Use $1\frac{1}{2}$ cups diced chicken and $1\frac{1}{2}$ cups mixed vegetable—cooked peas and lima beans, diced cucumber and celery.

Duck and Orange Salad—Use $1\frac{1}{2}$ cups diced duck, $1\frac{1}{4}$ cups diced oranges and $\frac{1}{4}$ cup diced celery.

Turkey and Chestnut Salad—Use 1 cup diced turkey, $\frac{1}{2}$ cup chopped, boiled chestnuts, 1 cup diced celery, 2 hard-cooked eggs, chopped, and 10 stuffed olives, chopped.

FISH SALADS

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Crabflake and Macaroni Salad—Use $1\frac{1}{2}$ cups flaked crabmeat, 1 cup cooked elbow macaroni, $\frac{1}{2}$ cup diced celery, 2 tablespoons chopped green pepper, 1 tablespoon chopped pimiento and 2 teaspoons chopped sweet pickles. Season with salt and few drops of tabasco sauce.

Fish and Apple Salad—Use $1\frac{1}{2}$ cups flaked fish (tuna, crab, salmon, shrimp or white fish) and $1\frac{1}{2}$ cups diced tart apple.

Fish and Cucumber Salad—Use $1\frac{1}{2}$ cups flaked fish, $\frac{1}{2}$ cup each diced cucumber and celery, 2 slices minced Bermuda onion, 6 chopped radishes and $\frac{1}{2}$ small head lettuce, shredded.

Heart Mold of Salmon Salad—Use 1 can (1 pound) flaked salmon, 1 cup diced celery, 1 cup diced cucumber, $\frac{1}{2}$ cup chopped ripe olives, 1 teaspoon onion juice, $\frac{1}{2}$ teaspoon salt, $\frac{1}{8}$ teaspoon pepper and $\frac{3}{4}$ cup mayonnaise. Serve on crisp lettuce forming into heart shapes with spoon and spatula. Place ring of mayonnaise around each heart, marking it with a fork and garnish with red arrow cut from pimiento.

Herring Salad—Use 2 flaked salt herring, 1 cup cooked potato cubes, 8 sliced olives, 1 small onion, grated, 2 hard-cooked eggs, chopped, and 1 tablespoon capers. Substitute French dressing for mayonnaise.

Lobster Salad—Use $2\frac{1}{2}$ cups lobster and $\frac{1}{2}$ cup diced celery. Garnish with lobster claws. Marinate in French dressing before combining with mayonnaise. Garnish with sliced hard-cooked eggs and caviar, if desired.

Sardine and Potato Salad—Use 8 flaked sardines, 2 cups diced potato, 1 small onion, diced, 2 tablespoons chopped parsley, and 2 tablespoons chopped dill pickle. Mix with French dressing.

Seafood Salad—Use $1\frac{1}{2}$ cups flaked crabmeat, 1 cup cooked shrimps marinated 20 minutes in 2 tablespoons French dressing. Add 1 cup diced celery, 2 tablespoons capers, 1 tablespoon chopped green pepper and 3 tablespoons pickle relish.

Shrimp and Asparagus Salad—Arrange 3 or 4 asparagus tips and 3 or 4 cooked whole shrimp on salad plates. Top with Savory Mayonnaise (page 529).

SALADS [FISH SALADS]

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Shrimp and Grapefruit Salad—Use 1 cup shrimps, 1 cup broken grapefruit sections, $\frac{1}{3}$ cup diced cucumber and $\frac{3}{4}$ cup diced celery. Garnish with pimienta strips.

Pavlova Salad—Use $1\frac{1}{2}$ cups flaked crabmeat, $\frac{1}{2}$ cup diced cucumber, $\frac{1}{2}$ cup diced tomato and 1 hard-cooked egg, chopped. Mix with Russian Dressing (page 529).

Tuna-Spinach Salad—Use $1\frac{1}{2}$ cups chopped raw spinach marinated $\frac{1}{2}$ hour in $\frac{1}{3}$ cup French dressing, $1\frac{1}{2}$ cups flaked tuna fish and 1 small onion, minced. Serve with French dressing with a garnish of stuffed olive slices.

DELICES FLORIDEN

3 alligator pears	$\frac{1}{2}$ cup diced apple
$\frac{1}{2}$ cup flaked, smoked salmon	$\frac{1}{2}$ cup diced tomato
$\frac{1}{2}$ cup flaked tuna fish	French dressing
2 anchovy fillets, minced	lettuce
$\frac{1}{2}$ cup diced celery	1 hard-cooked egg, sliced
	caviar

Cut pears in half lengthwise; remove stone. Marinate fish, celery, apple, and tomato in French dressing $\frac{1}{2}$ hour. Heap pear shells with mixture. Serve on crisp lettuce and garnish with a slice of hard-cooked egg and a little caviar. Yield: 6 portions.

JAPANESE SALAD

2 cups cooked rice	lettuce
$1\frac{1}{2}$ tablespoons minced onion	2 hard-cooked eggs
1 cup French dressing	3 gherkins, chopped
1 can sardines, drained	2 tablespoons chili sauce
1 cup shrimps	1 tablespoon capers
$\frac{1}{4}$ cup vinegar	1 teaspoon minced parsley

Combine rice, onion and $\frac{1}{2}$ cup French dressing; chill. Marinate sardines and shrimps in vinegar 10 minutes. Heap rice in mounds on lettuce leaves, arrange sardines and shrimps alternately around mounds. Rice egg yolks and whites separately and sprinkle over salad; garnish with gherkins and serve with dressing made by combining remaining French dressing with chili sauce, capers and parsley. Approximate yield: 4 to 6 salads.

EGG SALAD

513

6 hard-cooked eggs, sliced, or 6 lettuce and watercress
 Deviled Eggs (page 88) mayonnaise

Arrange egg slices or 2 stuffed egg halves on crisp lettuce; garnish with watercress and serve with mayonnaise. Egg slices may be combined with sliced or diced cucumber, tomatoes, onion, green pepper or olives; Cheese Balls (page 514); shrimps, whole or broken; flaked fish, cooked or canned; diced chicken or meat; or any desired filling used with the stuffed eggs (see Appetizers, page 170). Yield: 6 salads.

COTTAGE CHEESE SALAD

2 cups cottage cheese light cream
 salt and pepper 6 leaves head lettuce
 ¾ cup French dressing

Season cottage cheese to taste with salt and pepper; add cream until of desired consistency. Two tablespoons chopped onion may be added, if desired. Serve on lettuce with French dressing. Yield: 6 portions.

MODIFICATIONS OF COTTAGE CHEESE SALAD

(Use recipe above)

Cottage Cheese and Chive Salad—Add ¼ cup finely cut chives to cheese; substitute mayonnaise for cream.

Cottage Cheese and Cucumber Salad—Add 1½ tablespoons minced pimiento, 2 teaspoons horseradish and ¼ cup chili sauce to 1 cup cottage cheese. Slice 1 large cucumber, arrange on lettuce and top with mound of cheese mixture.

Cottage Cheese and Raisin Salad—Add ½ cup seedless raisins and ¼ cup chopped green pepper to 1½ cups cottage cheese; substitute mayonnaise for cream.

Cottage Cheese and Olive Salad—Add 24 stuffed olives to 1½ cups cottage cheese; serve with Cooked Salad Dressing (page 533), garnishing with additional sliced olives.

Cottage Cheese and Strawberry Salad—Combine 1½ cups cottage cheese lightly with 1 cup fresh strawberries and 2 teaspoons chopped mint. Substitute diced orange sections for berries.

SALADS [MOLDED SALADS]



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CHEESE BALLS

Mix softened cream cheese, or cream cheese spread, with chopped pickles, nuts, olives, green pepper, pimiento, pineapple or preserved ginger, using $\frac{1}{4}$ to $\frac{1}{3}$ cup to 1 package (3 oz.) cheese. Shape into small balls, or form into long roll, chill and slice. Arrange 3 balls or slices on crisp lettuce or watercress and serve with French dressing. Or use tiny balls as a garnish for fish, vegetable or tart fruit salads.

TOMATO LOAF SALAD

3 cups tomato juice	1 cup chopped, boiled ham
1 small onion, grated	1 teaspoon prepared mustard
1 teaspoon sugar	mayonnaise
salt and pepper	1 cup cream cheese
2 tablespoons gelatin	2 tablespoons sour cream
$\frac{1}{2}$ cup cold water	$\frac{1}{2}$ teaspoon salt
lettuce and watercress	

Simmer tomato juice, onion and sugar 5 minutes; add salt and pepper to taste. Soften gelatin in cold water 5 minutes, then dissolve in hot tomato juice; cool. Mix ham with mustard and moisten well with mayonnaise; blend cheese, sour cream and salt. Pour $\frac{1}{3}$ of dissolved gelatin into loaf mold, lightly greased with oil, and chill until firm. Cover with ham mixture, add $\frac{1}{3}$ of gelatin and again chill. Cover with cheese mixture, add last of gelatin; chill until firm. Unmold on large platter, garnish with lettuce and watercress; serve with additional mayonnaise. Approximate yield: 8 portions.

MOLDED CUCUMBER SALAD

1 package lime-flavored gelatin	dash of paprika
$1\frac{1}{2}$ cups water	dash of pepper
1 tablespoon vinegar	1 cucumber, finely chopped
1 teaspoon scraped onion	lettuce
$\frac{1}{2}$ teaspoon salt	Cooked Salad Dressing (page 533)

Dissolve gelatin in water according to package directions; add vinegar and seasonings; chill. When slightly thickened, fold in cucumbers. Turn into square pan and chill until firm. Cut in squares and serve on crisp lettuce with dressing. Approximate yield: 4 to 6 portions.

JELLIED VEGETABLE SALAD

515

1 tablespoon gelatin	1/8 teaspoon pepper
1 1/2 cups cold water	1/2 cup chopped raw carrot
1/4 cup vinegar	1/4 cup chopped green pepper
1/2 cup chili sauce	1 tablespoon chopped onion
3 tablespoons lemon juice	lettuce
3/4 teaspoon salt	mayonnaise

Soften gelatin in 1/4 cup cold water 5 minutes. Combine remaining water and vinegar, heat to boiling, pour over gelatin and stir until dissolved. Add chili sauce, lemon juice, salt and pepper; chill. When slightly thickened, fold in vegetables. Turn into square pan and chill until firm. Cut in squares and serve on crisp lettuce garnished with mayonnaise. Approximate yield: 6 portions.

GOLDEN GLOW SALAD

1 package lemon-flavored gelatin	3/4 cup grapefruit sections
2 cups water	3/4 cup grated raw carrot
1 1/2 teaspoons vinegar	lettuce
1/4 teaspoon salt	mayonnaise

Dissolve gelatin in water according to package directions, add vinegar and salt; chill. When slightly thickened, fold in grapefruit and carrots. Turn into 6 individual molds; chill until firm. Unmold on crisp lettuce and garnish with mayonnaise. Yield: 6 salads.

PERFECTION SALAD

1 tablespoon gelatin	1/4 cup vinegar
2 tablespoons cold water	1 cup shredded cabbage
1 cup boiling water	3/4 cup diced celery
2 tablespoons sugar	1 tablespoon chopped green pepper
1 1/2 teaspoons salt	1/4 cup chopped stuffed olives
dash of pepper	lettuce
3/4 cup canned pineapple juice	mayonnaise

Soften gelatin in cold water 5 minutes, add boiling water and stir until gelatin is dissolved. Add sugar, 1/2 teaspoon salt, pepper and pineapple juice; chill. Add vinegar and remaining salt to vegetables and olives. When gelatin has thickened slightly, fold in vegetables. Turn into individual molds; chill. Unmold on crisp lettuce; garnish with mayonnaise. Approximate yield: 6 salads.

SALADS [MOLDED SALADS]

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TOMATO ASPIC

2 cups canned tomatoes	¼ teaspoon peppercorns
¾ cup water	blade of mace
1 stalk celery, chopped	¼ teaspoon salt
2 carrots, sliced	dash of pepper
½ small onion, chopped	1½ tablespoons gelatin
½ small green pepper, chopped	1 tablespoon lemon juice
2 whole cloves	4 hard-cooked eggs

Put tomatoes and ½ cup water in saucepan and add prepared vegetables and seasonings; bring to boiling point and simmer 15 minutes; strain. Soften gelatin in remaining ¼ cup cold water about 5 minutes; add hot tomato juice, stirring until gelatin is dissolved; add lemon juice. Pour into individual molds; chill until firm. Unmold on crisp lettuce and garnish with mayonnaise. One to 2 cups mixed cooked vegetables or diced hard-cooked egg may be added if desired, or plain aspic may be molded in 1 large or 6 small ring molds and served with chicken, fish or vegetable salad heaped in center. Approximate yield: 6 to 8 salads.

JELLIED TOMATO RINGS

Prepare Tomato Aspic (see above), adding 1 cup flaked, canned crabmeat, 2 tablespoons chopped sweet pickles and 2 tablespoons lemon juice. When gelatin is slightly thickened, turn into individual ring molds; chill until firm. Unmold on crisp lettuce, fill centers with crabmeat salad. Approximate yield: 4 to 6 salads.

CHINESE CHICKEN SALAD

2 tablespoons gelatin	1 cup canned pineapple juice
¼ cup cold water	2½ cups finely cut, cooked chicken
1½ cups boiling chicken stock	1½ cups drained, dried pineapple
½ teaspoon salt	1 cup shredded, toasted almonds
⅛ teaspoon paprika	lettuce and chicory

Mustard Cream Mayonnaise (page 529)

Soften gelatin in cold water 5 minutes; dissolve in boiling stock, add seasonings and pineapple juice; chill. When slightly thickened, fold in chicken, pineapple and almonds. Turn into large mold; chill until firm. Unmold on large platter, garnish with lettuce and chicory and serve with mayonnaise. Approximate yield: 8 salads.

CHICKEN MOLD

517

1 small chicken (about 3 lbs.)	1 pimiento, chopped fine
salt and pepper	1 tablespoon Worcestershire sauce
½ teaspoon thyme	1 tablespoon gelatin
1 tablespoon pearl onions	¼ cup cold water
2 stalks celery, chopped	1¼ cups chicken stock, hot or boiling
1 green pepper, chopped fine	2 hard-cooked eggs, sliced thin
	lettuce

Use a small fowl; cook until tender (page 297), adding salt, pepper and thyme for seasoning. When cold, remove meat from bones and cut in pieces; combine with vegetables and Worcestershire sauce. Soften gelatin in cold water about 5 minutes; add hot stock and stir until gelatin is dissolved; cool. When slightly thickened, fold in chicken mixture. Line bottom of 8-inch square pan with sliced eggs; cover with chicken mixture. Chill until firm; cut in squares and serve on lettuce. Or line individual molds with eggs and fill with chicken mixture. Veal or tongue may be used instead of chicken; use 1 bouillon cube and water for stock. Yield: 16 squares.

HAM MOUSSE

1½ tablespoons gelatin	1 cup milk
2 tablespoons cold water	2 cups chopped, cooked ham
2 egg yolks, slightly beaten	½ teaspoon onion juice
½ teaspoon salt	1 teaspoon vinegar
dash of paprika and cayenne	1 tablespoon chopped parsley
½ teaspoon dry mustard	½ cup heavy cream, whipped
1 cup chicken bouillon	watercress

Soften gelatin in cold water 5 minutes. Combine egg yolks and seasonings in top part of double boiler; add bouillon and milk and cook over hot water 5 or 6 minutes or until thickened, stirring constantly. Add to gelatin, and stir until dissolved; then add ham, onion juice, vinegar and parsley; chill. When slightly thickened, fold in cream. Turn into loaf mold; chill until firm. Unmold on serving platter, garnish with watercress and serve with mayonnaise. Approximate yield: 6 portions.

SALADS [MOLDED SALADS]

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MOLDED TUNA FISH SALAD

1 tablespoon gelatin	$\frac{3}{4}$ cup milk
$\frac{1}{4}$ cup cold water	$1\frac{1}{2}$ tablespoons melted butter
$1\frac{1}{2}$ teaspoons salt	4 tablespoons lemon juice
$1\frac{1}{2}$ teaspoons mustard	1 cup flaked tuna fish
dash of cayenne	lettuce
2 egg yolks, slightly beaten	Cucumber Cream Dressing (page 536)

Soften gelatin in cold water 5 minutes. Combine seasonings, egg yolks and milk in top of double boiler, and cook over hot water 6 to 8 minutes or until thickened, stirring constantly. Add butter, lemon juice and gelatin, stirring until gelatin is dissolved. Remove from fire and fold in tuna fish. Turn into fish mold; chill until firm. Unmold on bed of crisp lettuce and serve with cucumber cream dressing. Salmon, shrimp or crabmeat may be substituted for tuna fish, if desired. Approximate yield: 4 to 6 portions.

MOLDED MACARONI SALAD

4 ounces ($\frac{1}{2}$ pkg.) macaroni	$\frac{3}{4}$ cup chopped celery
2 tablespoons gelatin	1 tablespoon grated onion
$\frac{1}{4}$ cup cold water	1 teaspoon minced parsley
$\frac{3}{4}$ cup boiling water	2 tablespoons lemon juice
1 package (3 oz.) cream cheese	1 cup mayonnaise
1 tablespoon sugar	1 cup heavy cream, whipped
1 teaspoon salt	lettuce or watercress

Cook macaroni (page 408), and chop fine. Soften gelatin in cold water 5 minutes; add hot water, stirring until dissolved. Add cream cheese, sugar and salt and stir until smooth, heating slightly if necessary; cool slightly. Then stir in celery, onion, parsley, lemon juice, mayonnaise and macaroni. When slightly thickened, fold in cream and turn into ring mold; chill until firm. To serve, unmold on cold chop plate and surround with crisp hearts of lettuce or watercress. Serve with additional mayonnaise if desired. For a one-dish luncheon salad, fill center of ring with a savory fish or meat salad such as Chicken (page 510) or Veal Salad (page 509); and serve with cucumber or watercress sandwiches.

SPICED FRUIT SALAD

519

6 cloves	2 cups diced pickled peaches, drained
1½ cups water	lettuce
1 package lemon-flavored gelatin	crushed or ground peanuts
¾ cup pickled peach juice	Cream Mayonnaise (page 528)

Boil cloves in water 5 minutes; strain. Dissolve gelatin in 1 cup clove water according to package directions, add peach juice and chill. When slightly thickened, fold in peaches. Turn into individual molds, chill until firm. Unmold on crisp lettuce and garnish with crushed peanuts and mayonnaise. Pickled pears may be substituted for peaches, if desired. Approximate yield: 6 salads.

JELLIED GINGER PEARS

1 package lemon-flavored gelatin	1 cup diced pears
1 cup water	⅓ cup chopped nuts
1 cup ginger ale	2 tablespoons chopped crystallized
½ cup seeded and halved white	ginger
grapes	lettuce
Cream Mayonnaise (page 528)	

Dissolve gelatin in water according to package directions, add ginger ale and chill. When slightly thickened, fold in fruit, nuts and 1 tablespoon ginger. Turn into individual molds; chill until firm. Unmold on crisp lettuce; garnish with mayonnaise to which remaining ginger has been added. Approximate yield: 6 salads.

JELLIED CRANBERRY SALAD

1 tablespoon gelatin	¼ cup sugar
2 tablespoons cold water	1 cup chopped raw cranberries
1½ cups boiling water	½ cup diced celery
2 tablespoons vinegar	lettuce
¼ teaspoon salt	mayonnaise

Soften gelatin in cold water 5 minutes. Add to boiling water, stirring until dissolved; add vinegar, salt and sugar; chill. When slightly thickened, fold in cranberries and celery. Turn into mold and chill. Unmold on crisp lettuce and garnish with mayonnaise. Approximate yield: 6 portions.

SALADS [MOLDED SALADS]



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FLORIDA FRUIT SALAD

1 package pineapple-flavored gelatin	2 cups diced grapefruit
1 cup water	watercress
dash of salt	1 cup sliced strawberries
½ cup grapefruit juice	grapefruit sections
½ cup orange juice	mayonnaise

Dissolve gelatin in water according to package directions, add salt and fruit juices. Pour thin layer of dissolved gelatin in mold lightly greased with oil; chill until firm. Arrange grapefruit, and a few sprigs of watercress on gelatin, cover with additional gelatin and chill until almost firm. Arrange strawberries on top and around sides, and cover completely with remaining gelatin; chill until firm. Unmold and garnish with additional watercress and grapefruit sections. Serve with mayonnaise. Approximate yield: 6 portions.

JEWEL RELISH JELLY

1 tablespoon gelatin	1 cup diced orange
2 tablespoons cold water	6 sweet pickles, diced
1 cup orange juice	12 stuffed olives, sliced
½ cup maraschino cherry juice	watercress
12 maraschino cherries, sliced	mayonnaise

Soften gelatin in cold water 5 minutes; heat orange and cherry juices to boiling, add to gelatin and stir until dissolved; chill. When slightly thickened, fold in cherries, orange, pickles and olives. Turn into individual molds; chill until firm. Unmold on watercress; garnish with mayonnaise. Approximate yield: 6 salads.

PINEAPPLE AND CHEESE SALAD

1 package lemon-flavored gelatin	½ cup grated American cheese
1 cup water	½ cup heavy cream, whipped
1 small can shredded pineapple	chicory
	mayonnaise

Dissolve gelatin in water according to package directions; chill. When slightly thickened, fold in pineapple, cheese and whipped cream. Turn into individual molds; chill until firm. Unmold and garnish with chicory and mayonnaise. Or take large ring mold and fill center with Chicken Salad (page 509) or Fish Salad (page 509). Approximate yield: 6 salads.

GINGER ALE FRUIT SALAD

1 tablespoon gelatin	½ cup heavy cream, whipped
2 tablespoons cold water	½ cup sliced and seeded white grapes
½ cup boiling water	½ cup diced, canned pineapple
1 tablespoon sugar	½ cup diced celery
dash of salt	1 tablespoon chopped preserved ginger
1 cup ginger ale	¼ cup chopped pecans
2 tablespoons lemon juice	lettuce
	mayonnaise

Soften gelatin in cold water; add boiling water and stir until gelatin is dissolved. Add sugar, salt, ginger ale and lemon juice; chill. When slightly thickened, fold in cream, fruits, celery, ginger and nuts. Turn into individual molds; chill. Unmold on crisp lettuce; garnish with mayonnaise. Approximate yield: 6 salads.

MOLDED CHERRY NUT SALAD

1 tablespoon gelatin	¼ cup lemon juice
2 tablespoons cold water	1 cup ginger ale
½ cup boiling water	½ cup canned white cherries
2 teaspoons sugar	¼ cup pecans
dash of salt	lettuce
	mayonnaise

Soften gelatin in cold water 5 minutes and dissolve in boiling water. Add sugar, salt, lemon juice and ginger ale; chill. When slightly thickened, fold in cherries that have been seeded and stuffed with pecans. Turn into individual molds; chill until firm. Unmold on crisp lettuce and garnish with mayonnaise. Yield: 6 salads.

APPLE SURPRISE SALAD

1 package raspberry-flavored gelatin	½ cup chopped dates
½ cup diced apples	¼ cup chopped nuts
½ cup chopped celery	mayonnaise
1 cup drained, crushed pineapple	½ cup heavy cream, whipped
	lettuce

Prepare gelatin according to package directions; cool. Combine apples, pineapple, dates, nuts and 2 tablespoons mayonnaise. When gelatin is thickened slightly, fold in fruit mixture and whipped cream. Turn into mold; chill until firm. Unmold on crisp lettuce; garnish with additional mayonnaise. Approximate yield: 6 portions.



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AVOCADO AND FIG MOLD

- | | |
|----------------------------------|----------------------------|
| 1 package lemon-flavored gelatin | 1 grapefruit |
| 2 cups hot or boiling water | 1 cup canned figs, drained |
| 1 avocado | olive oil |

Dissolve gelatin in water according to directions on package; cool. Peel avocado, remove stone and cut in slices; peel grapefruit and remove sections. Arrange fruits in bottom of mold, lightly greased with olive oil; cover with enough gelatin mixture to anchor design and chill until set. Arrange remaining fruits in vertical or horizontal layers, as desired; cover each layer with gelatin mixture and chill until firm; then add remaining gelatin and allow to set. When ready to serve, unmold and serve: for dessert, slice and serve with whipped cream; for salad, slice and serve on crisp lettuce with mayonnaise or a cream dressing. Approximate yield: 6 portions.

HONEY FROZEN FRUIT SALAD

- | | |
|-----------------------------------|----------------------------------------------|
| 1 teaspoon gelatin | $\frac{1}{2}$ cup drained cherries, fresh or |
| 1 tablespoon cold water | canned |
| 1 cup Honey Whipped Cream Dress- | $\frac{1}{2}$ cup diced canned pineapple |
| ing (page 534) | $\frac{1}{2}$ cup sliced strawberries |
| $\frac{1}{2}$ cup orange sections | lettuce |

Soften gelatin in cold water; dissolve over hot water and mix with dressing; add fruit. Turn into freezing tray of automatic refrigerator and freeze about 4 hours, or until firm. Or turn into mold and pack in ice and salt (page 714). Cut in squares and serve on lettuce with additional mayonnaise. Approximate yield: 8 portions.

FROZEN CREAM CHEESE SALAD

- | | |
|----------------------------------|--------------------------------|
| $\frac{1}{2}$ pound cream cheese | $\frac{1}{2}$ cup chopped nuts |
| 1 cup heavy cream | $\frac{1}{2}$ teaspoon salt |
| 2 pimientos, minced | $\frac{1}{4}$ teaspoon paprika |
| | lettuce |

Break up cheese with fork, add cream, pimientos, nuts and seasonings, mixing until smooth and creamy. Turn into freezing tray of automatic refrigerator and freeze 2 to 3 hours, or until firm. Unmold, slice and serve on crisp lettuce with desired dressing. Approximate yield: 8 servings.



FROZEN CREAM CHEESE AND FRUIT SALAD

523

1 package (3 oz.) cream cheese	1 tablespoon finely cut candied ginger
3 tablespoons mayonnaise	dash of salt
1 cup heavy cream, whipped	few drops bitter almond flavoring
1 cup fruit: equal quantities of pre- served kumquats, dates, cherries	½ cup salted almonds
and pineapple, cut and drained	2 tablespoons butter
	lettuce
	mayonnaise

Mash cheese, add mayonnaise and mix until smooth. Add cream, fruits, salt and flavoring; turn into freezing tray of automatic refrigerator. Sprinkle with almonds which have been browned in oven with butter; freeze 2 to 3 hours, or until firm. Serve on crisp lettuce with mayonnaise or any desired dressing. Yield: 8 portions.

FROZEN NIPPY CHEESE SALAD

1 package (3½ oz.) nippy cheese	8 to 10 green olives, chopped
½ cup sweet or sour cream	lettuce
	mayonnaise

Mash nippy cheese and mix with cream. Add olives and blend. Turn into 6 small paper cups, place in freezing compartment of automatic refrigerator and freeze 2 to 3 hours, or until firm. Serve on crisp lettuce; garnish with mayonnaise. Yield: 6 portions.

FROZEN VEGETABLE SALAD

2 teaspoons gelatin	¾ cup diced celery
¼ cup cold water	3 tablespoons chopped green peppers
¾ cup mayonnaise	2 tablespoons finely chopped onions
¼ cup heavy cream, whipped	1 teaspoon salt
¾ cup diced tomatoes	¼ teaspoon paprika
¾ cup sliced cucumbers	2 tablespoons lemon juice
	lettuce

Soften gelatin in cold water; dissolve over hot water, cool slightly and mix with mayonnaise. Fold in whipped cream and remaining ingredients. Turn into freezing tray of automatic refrigerator, and freeze 2 to 3 hours, or until firm. Or turn into mold and pack in ice and salt (page 714). Cut into squares and serve on lettuce with additional mayonnaise. Approximate yield: 6 portions.



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FROZEN FRUIT SALAD

3½ tablespoons flour	⅓ cup lemon juice
3 tablespoons sugar	¼ cup orange
1 teaspoon salt	¼ cup cherries
⅓ teaspoon paprika	¼ cup pineapple
few grains cayenne	¼ cup sliced banana
2 egg yolks, well beaten	1 cup heavy cream, whipped
⅔ cup milk	lettuce
1 tablespoon melted butter	mayonnaise

Mix flour, sugar and seasonings in top part of double boiler; add egg yolks and mix. Stir in milk and cook over hot water, stirring constantly, until mixture thickens; add butter and lemon juice, strain into bowl, beat 2 minutes; then cool. Cut fruits into small pieces and add to cooked mixture; fold in whipped cream. Turn into freezing tray of automatic refrigerator and freeze 3 to 4 hours, or until firm. Or turn into mold and pack in ice and salt (page 714). Cut in slices and top with mayonnaise. Substitute chopped cantaloupe, pears and plums for cherries, pineapple and banana. Approximate yield: 6 to 8 portions.

FROZEN TOMATO SALAD

6 firm small tomatoes	2 tablespoons chopped pimiento
1 cup cottage cheese	½ teaspoon salt
½ cup chopped cucumbers	1 cup Cooked Salad Dressing (page 533)
2 tablespoons finely chopped onion	
3 tablespoons chopped green pepper	1 cup heavy cream, whipped
	lettuce

Wash and peel tomatoes, remove stem ends and scoop out center to form cups. Stuff with mixture of cheese, cucumbers, onions, peppers, pimientos, salt and 3 tablespoons salad dressing. Fit into freezing tray of automatic refrigerator, cut side down, taking care not to spill filling. Mix remaining salad dressing with whipped cream and pour around tomatoes, almost covering them. Freeze about 2 hours, but do not allow to freeze too hard. Cut in squares so that each portion is a stuffed tomato in a square of frozen dressing. Serve on lettuce and top with more dressing. Yield: 6 salads.



THE SALAD BAR

A portable tray, cupboard or tiered table provides an excellent "bar" at which to mix the dressing and prepare the salad. The large wooden bowl holds green, leafy vegetables, chives and laticed carrots. The ingredients for the dressing include oil, vinegar and seasonings, which are blended separately in a small bowl before mixing with the salad greens (page 495).

SALAD dressings are of two main types—the *uncooked*, which include simple oil and acid mixtures like French dressing, mayonnaise and modifications of the two, and *cooked* dressings, usually thickened with egg or flour or some ingredient that acts as a permanent binder. Much of the success of a salad depends on the dressing. Many combinations are possible. From the suggestions that follow, it is possible to work out variations of dressings using the basic recipes given, or commercially prepared mixtures.

Ingredients. Oil has been called the soul of a salad. It must be fine and delicately flavored. Pure or virgin olive oil is bright and limpid with no trace of strong odor or flavor. Inferior olive oil, usually made from overripe olives, is dark and strongly flavored. Other vegetable oils besides the oil of the olive are used for salad dressings; for salad use they should be mild and sweet.

Vinegar supplies tartness and adds piquancy to a salad, but a poor vinegar or one that is too strong will destroy the natural food flavors. Good cider or wine vinegars make the best dressings. Tarragon vinegar should be used with discretion since the flavor is not universally enjoyed. The proportion of oil to vinegar is approximately 4 of oil to 1 of vinegar. An old Spanish proverb expresses it this way: "A spendthrift for oil, a miser for vinegar, a counsellor for salt and a madman for mixing." We modify that last with the rule that all salads should be handled gently.

Choice of Dressing. A light salad accompanying a substantial meal requires a light, delicate dressing. A substantial dressing may accompany a hearty salad when it forms the main dish at a meal. But at a meal otherwise high in fat, simple dressings are preferred to those rich in oil or cream. Too much dressing may ruin a salad, so it is a wise hostess who seasons salads lightly with dressing, providing additional dressing as needed.

Storage of Salad Dressings. Since oil or fat is the basic ingredient in most dressings, it is necessary to store them in a moderately cold place, preferably in the refrigerator. However, a dressing such as mayonnaise should never be frozen, as it will separate. If it separates, add it slowly to 1 egg yolk as directed for mayonnaise. 527

MAYONNAISE

1 egg yolk	¼ teaspoon paprika
½ to 1 teaspoon salt	dash of cayenne
½ teaspoon dry mustard	2 tablespoons vinegar or lemon juice
1 cup salad oil	

Put egg yolk and seasonings into small bowl and beat thoroughly; add 1 tablespoon vinegar and beat again. Beat in oil gradually, adding ½ teaspoon at a time until ¼ cup is used; then add 1 to 2 tablespoons at a time. As mixture thickens add remaining vinegar. If oil is added too rapidly, mayonnaise will curdle. To remedy this, at once beat curdled mixture gradually into a second egg yolk and continue as above. Keep mayonnaise in a moderately cold place. Too much heat or freezing will cause oil to separate and come to the top; if this happens, skim oil off. Serve mayonnaise with all types of salads. Approximate yield: 1¼ cups.

CONDENSED MILK MAYONNAISE

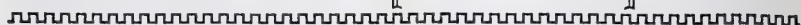
¼ cup vinegar or lemon juice	1 egg yolk
¼ cup salad oil	½ teaspoon salt
⅔ cup sweetened condensed milk	1 teaspoon dry mustard
dash of cayenne	

Put all ingredients into a pint jar in order listed, cover tightly and shake vigorously for 2 minutes. Or beat ingredients together in bowl until completely mixed. Store in refrigerator; mayonnaise will thicken on standing. Serve with fruit salads. Yield: 1½ cups dressing.

LOW CALORIE MAYONNAISE

Use recipe for Mayonnaise (see above) substituting mineral oil for salad oil. Use with any salad or modify as for Mayonnaise (page 528).

SALAD DRESSINGS [MAYONNAISE]



528

MODIFICATIONS OF MAYONNAISE

(Use $\frac{1}{2}$ recipe on page 527)

Banana Nut Mayonnaise—Combine 1 small mashed banana and 2 tablespoons peanut butter with mayonnaise. If too thick, thin with a little cream. Serve with fruit salad. Approximate yield: 1 cup dressing.

Cheese Mayonnaise—Thin $\frac{1}{2}$ cup mayonnaise with 1 tablespoon thin cream, fold in $\frac{1}{3}$ cup grated American cheese; season to taste with salt and paprika. Serve with fruit salads. Approximate yield: 1 cup dressing.

Chili Mayonnaise—Add $\frac{1}{4}$ cup chili sauce, 2 tablespoons vinegar, 1 tablespoon Worcestershire sauce and $\frac{1}{2}$ tablespoon chopped chives. Serve with fish salads. Approximate yield: 1 cup dressing.

Cream Mayonnaise—Fold mayonnaise into $\frac{1}{3}$ cup heavy cream, whipped. Serve with fruit or vegetable salads. Approximate yield: $\frac{3}{4}$ cup dressing.

Cream Cheese Mayonnaise—Cream 1 package (3 oz.) cream cheese and add 2 tablespoons Roquefort or Camembert cheese. Combine with mayonnaise, thinning with cream to desired consistency. Serve with grapefruit salad. Approximate yield: $1\frac{1}{4}$ cups dressing.

Crispy Mayonnaise Dressing—Add $\frac{1}{3}$ cup crisp chopped celery and cucumbers and $1\frac{1}{2}$ tablespoons sour or thick sweet cream. Serve with avocado salads, garnishing with pimienta strips. Approximate yield: 1 cup dressing.

Frozen Mayonnaise—Mix mayonnaise, $\frac{1}{4}$ cup heavy cream, whipped, 1 tablespoon lemon or lime juice and 1 tablespoon sugar. Turn into small molds and freeze in automatic refrigerator. Serve with fruit salad. Approximate yield: 6 small molds.

Ham Dressing—Add $\frac{1}{4}$ cup tomato juice and 2 tablespoons chopped or potted Virginia ham. Serve with artichoke salad. Approximate yield: 1 cup dressing.

Honey Cream Dressing—Blend $\frac{1}{4}$ teaspoon dry mustard with 1 tablespoon honey and $\frac{1}{2}$ teaspoon lemon juice. Add to mayonnaise; season to taste with salt and fold into $\frac{1}{2}$ cup heavy cream, whipped. Serve with fruit salads. Approximate yield: 1 cup dressing.

Marmalade Dressing—Add 3 tablespoons orange marmalade. Serve with fruit salad. Approximate yield: $\frac{3}{4}$ cup dressing.

{ MAYONNAISE } SALAD DRESSINGS

Mustard Cream Mayonnaise—Add $\frac{1}{4}$ cup prepared mustard to mayonnaise; fold into $\frac{1}{2}$ cup heavy cream, whipped. Serve with meat and vegetable salads. Approximate yield: $1\frac{1}{2}$ cups dressing.

Pickle Mayonnaise—Add $\frac{1}{2}$ tablespoon each ketchup and minced parsley, 1 tablespoon each minced sweet pickles, cucumbers and pickled beets. Serve with meat, vegetable or egg salads. Approximate yield: $\frac{3}{4}$ cup dressing.

Pimiento-Cheese Dressing—Add $\frac{1}{4}$ cup pimiento cheese spread, a dash of salt and 1 hard-cooked egg, finely chopped. Serve with vegetable salads. Approximate yield: 1 cup dressing.

Pimiento-Mustard Dressing—Combine 2 tablespoons minced pimiento, $\frac{1}{4}$ teaspoon dry mustard, and a dash each of salt, pepper and paprika. Add to mayonnaise, thinning with 1 teaspoon vinegar and a little cream or evaporated milk. Serve with meat or vegetable salads. Approximate yield: $\frac{2}{3}$ cup dressing.

Piquant Mayonnaise—Rub a bowl with $\frac{1}{2}$ clove garlic; add 2 tablespoons each minced green pepper and pimiento, $\frac{1}{4}$ cup each minced celery, dill pickle, chili sauce and ketchup; add mayonnaise and combine gently. Serve with green salads. Yield: $1\frac{1}{2}$ cups dressing.

Ravigotte Mayonnaise—Mix and chop 1 tablespoon cooked spinach, 2 teaspoons capers, $\frac{1}{4}$ small onion, 2 tablespoons each parsley and watercress and 2 anchovy fillets. Force mixture through very fine sieve and add to mayonnaise. Serve with fish and vegetable salads. Approximate yield: 1 cup dressing.

Russian Dressing—Add 2 teaspoons each chopped green pepper, pimiento and chives, $\frac{1}{2}$ teaspoon paprika, 3 tablespoons chili sauce and 1 hard-cooked egg yolk, sieved. Serve with crisp head lettuce. Approximate yield: 1 cup dressing.

Savory Mayonnaise—Add $\frac{1}{8}$ teaspoon each dry mustard, paprika and Worcestershire sauce. Serve with vegetable, meat or fish salads.

Thousand Island Dressing—Add 2 tablespoons chili sauce, $\frac{1}{2}$ tablespoon ketchup, $\frac{1}{2}$ tablespoon each vinegar, chives, chopped green peppers and chopped pimientos, and $\frac{1}{2}$ teaspoon paprika. Serve with vegetable salads. Approximate yield: 1 cup dressing.

SALAD DRESSINGS [FRENCH DRESSING]



530

FRENCH DRESSING

- | | |
|-----------------------------------------|----------------------|
| 1 small onion or 1 clove garlic, sliced | 1/8 teaspoon pepper |
| 1/4 cup vinegar or lemon juice | 1/4 teaspoon paprika |
| 3/4 teaspoon salt | 1 tablespoon sugar |
| 3/4 cup salad oil | |

Add onion to vinegar, let stand 20 minutes; strain. Combine salt, pepper, paprika and sugar in jar or large bottle, add vinegar and oil, cover closely and shake vigorously or make in bowl and beat with rotary egg beater. French dressing may be made in larger amounts and stored in the refrigerator. Always shake or beat again just before serving. Approximate yield: 1 cup dressing.

CENTURY OLD FRENCH DRESSING

- | | |
|-------------------------|-------------------------------------|
| 1/2 cup sugar | 1/2 teaspoon white pepper |
| 1 cup water | 1/2 cup vinegar |
| 1/2 cup lemon juice | 2 cups olive oil or other salad oil |
| 1/2 teaspoon salt | 1 cup ketchup |
| 2 teaspoons celery salt | 1 large onion, grated |

Boil sugar and water 10 minutes, add lemon juice and boil 5 minutes longer; cool. Mix together salts and pepper, and stir in vinegar. Add oil, ketchup, onion and cold syrup, and beat until thick. Always shake thoroughly to emulsify before using. Yield: 1 quart dressing.

LOW CALORIE FRENCH DRESSING

Use recipe for French Dressing (see above) substituting mineral oil for salad oil. Low Calorie French Dressing may be substituted for French dressing in the modifications of French dressing (page 531).

SPECIAL FRENCH DRESSING

- | | |
|---------------------------|----------------------|
| 1 whole clove | dash of tabasco |
| 1 teaspoon salt | 1/2 teaspoon paprika |
| 2 teaspoons sugar | 1 cup lemon juice |
| 1 teaspoon dry mustard | 1 1/2 cups olive oil |
| 1/2 cup tiny pearl onions | |

Mix ingredients in order given. Place in shaker and shake vigorously, or beat in bowl with rotary egg beater, until mixture is well combined. Approximate yield: 2 1/2 cups dressing.

MODIFICATIONS OF FRENCH DRESSING

531

(Use $\frac{1}{2}$ recipe on page 530)

Anchovy Dressing—Cream 2 teaspoons anchovy paste with seasonings; add 1 tablespoon each of chopped parsley and onion.

Cheese and Egg Dressing—Add 1 tablespoon each chopped parsley and pimiento, 4 tablespoons chopped American cheese and 1 hard-cooked egg, chopped.

Chiffonade Dressing—Add 1 tablespoon each of chopped green peppers and pimientos, 1 tablespoon each of chopped olives and cucumber pickle and 1 hard-cooked egg, chopped.

Chutney French Dressing—Add 2 tablespoons chopped chutney.

Cream French Dressing—Add 2 tablespoons sweet or sour cream.

Curry French Dressing—Add $\frac{1}{4}$ teaspoon curry powder with salt.

Fruit French Dressing—Add a dash each of nutmeg and marjoram and $\frac{1}{4}$ teaspoon chervil to dry ingredients. Use lemon juice instead of vinegar.

Fruit Juice French Dressing—Omit onion; use a combination of $1\frac{1}{2}$ tablespoons fruit juice: grape fruit, orange, pineapple, etc., and $\frac{1}{2}$ tablespoon lemon juice for vinegar.

Horseradish Dressing—Add 1 tablespoon prepared horseradish.

Italian Dressing—Add 1 tablespoon tomato conserve or ketchup and 1 small green pepper, minced.

Lime French Dressing—Omit onion; use equal parts lime and lemon juice for vinegar.

Mint Dressing—Add 1 tablespoon chopped mint.

Miramar Dressing—Add 3 anchovy fillets, chopped, 1 hard-cooked egg, chopped, and $\frac{1}{2}$ teaspoon chopped chives. Yield: 1 cup dressing.

Mustard French Dressing—Add 1 teaspoon dry mustard and dash of cayenne to dry ingredients.

Olive French Dressing—Add $\frac{1}{4}$ cup chopped, stuffed olives.

SALAD DRESSINGS [MISCELLANEOUS]

532 **Piquant Dressing**—Add 1 tablespoon chopped olives and $\frac{1}{2}$ teaspoon each chopped capers and pimiento.

Roquefort French Dressing—Cream $\frac{1}{4}$ cup soft Roquefort cheese with 2 tablespoons dressing; add remaining dressing gradually.

Spanish French Dressing—Add $\frac{1}{2}$ teaspoon chili powder and $\frac{1}{2}$ teaspoon dry mustard to dry ingredients.

Spiced French Dressing—Add 1 tablespoon prepared horseradish to vinegar; add $\frac{1}{4}$ teaspoon mustard, $\frac{1}{2}$ teaspoon chopped chives, 1 shallot, finely chopped, and 1 tablespoon chopped parsley to dry ingredients.

Swiss Dressing—Add $\frac{1}{4}$ teaspoon mustard, $\frac{1}{4}$ cup grated cheese and $\frac{1}{4}$ teaspoon Worcestershire sauce to dry ingredients.

Tart French Dressing—Omit sugar, add $\frac{1}{2}$ teaspoon dry mustard to dry ingredients; increase vinegar or lemon juice to 3 tablespoons.

ORANGE DRESSING

$\frac{1}{4}$ cup sugar	dash of paprika
1 tablespoon flour	1 cup orange juice
$\frac{1}{2}$ teaspoon dry mustard	$\frac{1}{4}$ cup lemon juice
$\frac{1}{2}$ teaspoon salt	2 tablespoons butter

Combine dry ingredients in top of double boiler, add fruit juices and cook over hot water, stirring constantly 5 to 7 minutes, or until mixture thickens; chill. Serve with fruit salads. Yield: $1\frac{1}{2}$ cups.

COOKED SOUR CREAM DRESSING

1 teaspoon dry mustard	dash of cayenne
1 teaspoon salt	1 egg yolk, beaten
2 teaspoons flour	$\frac{1}{3}$ cup vinegar
2 teaspoons sugar	1 tablespoon melted butter
$\frac{1}{2}$ cup sour heavy cream, whipped	

Combine dry ingredients in top of double boiler, add egg and vinegar and cook over hot water 7 to 8 minutes, or until smooth and thick, stirring constantly; add butter. Cool and fold into sour cream. Serve with meat, poultry and vegetable salads. Approximate yield: $\frac{3}{4}$ cup dressing.

COOKED SALAD DRESSING

2 tablespoons flour	dash of paprika
1½ teaspoons salt	2 egg yolks, well beaten
½ teaspoon dry mustard	1¼ cups scalded milk
1 tablespoon sugar	⅓ cup vinegar
2 tablespoons melted butter	

Combine flour, salt, mustard, sugar and paprika in top of double boiler; add egg yolks and mix well. Stir in milk gradually, place over hot water and cook 7 to 10 minutes, or until thickened, stirring constantly. Remove from fire, stir in vinegar and butter; chill. Thin with milk or fruit juices before using. One-half to 1 cup heavy cream, whipped, may be folded into chilled dressing, if desired. Approximate yield: 1½ cups dressing.

GOLDEN DRESSING

½ cup pineapple juice	¼ teaspoon salt
½ cup orange juice	4 eggs, separated
¼ cup lemon juice	¾ cup sugar
½ cup heavy cream, whipped	

Heat fruit juices in top of double boiler. Beat egg yolks until thick and light, add ½ cup sugar gradually. Stir in hot juices slowly, return to double boiler and cook over hot water until smooth and thickened, stirring constantly. Beat whites until foamy and add remaining sugar gradually, beating until stiff. Fold cooked mixture into beaten whites; chill. Just before serving, fold in whipped cream. Serve with fruit salads. Approximate yield: 2 cups dressing.

LEMON-HONEY DRESSING

1 egg, beaten	3 tablespoons milk
¼ cup lemon juice	1 cup cottage cheese
½ cup honey	dash of salt
dash of mace	

Combine egg, lemon juice and honey in top part of double boiler and cook over hot water, stirring constantly, until mixture thickens; cool. Stir milk into cottage cheese, beat until smooth, add salt and mace, and blend with cooked mixture. Serve with fruit salads. Approximate yield: 1½ cups dressing.

COOKED OIL DRESSING

- | | |
|-----------------------------|----------------------------------|
| 1½ teaspoons mustard | 2 eggs, slightly beaten |
| 1 teaspoon salt | 2 tablespoons salad oil |
| 1¾ teaspoons powdered sugar | ½ cup vinegar, diluted with cold |
| few grains cayenne | water to make ½ cup |

Combine dry ingredients in top of double boiler; slowly add eggs and oil, stirring constantly; then add diluted vinegar. Cook over boiling water until mixture begins to thicken. Strain and cool. Serve with any salad. Approximate yield: ¾ cup dressing.

BUTTERMILK DRESSING

- | | |
|---------------------------------|------------------------------|
| ½ clove garlic | 1 teaspoon salt |
| ½ green pepper, minced | ½ teaspoon paprika |
| 3 radishes, minced | ¼ cup lemon juice |
| 2 hard-cooked egg yolks, mashed | 6 tablespoons cottage cheese |
| | ½ cup buttermilk |

Rub bowl lightly with garlic. In it combine green pepper, radishes and egg yolks. Add salt, paprika, and lemon juice, then cottage cheese and buttermilk and beat thoroughly until mixture is well blended. Serve with vegetable salads. Yield: 1½ cups dressing.

HONEY-WHIPPED CREAM DRESSING

- | | |
|------------------------------|--------------------------|
| 1 cup heavy cream | dash of salt |
| 2 tablespoons strained honey | 1 tablespoon lemon juice |

Whip cream, gradually beating in honey and salt; then add lemon juice. Serve with fruit salads. Approximate yield: 1½ cups dressing.

HORSERADISH CREAM DRESSING

- | | |
|------------------------|----------------------------------|
| 1 teaspoon salt | 3 tablespoons grated horseradish |
| ½ teaspoon sugar | 1 tablespoon tarragon vinegar |
| ½ teaspoon dry mustard | 1 tablespoon red wine vinegar |
| ¼ teaspoon paprika | 1 tablespoon lemon juice |
| | 1 cup heavy cream, whipped |

Mix seasonings, horseradish, vinegars and lemon juice; beat into cream. Serve with green salad. Approximate yield: 1½ cups dressing.

FRUIT SALAD DRESSING

1 tablespoon orange juice	1 tablespoon maraschino cherry juice
1 tablespoon lemon juice	5 or 6 maraschino cherries, finely cut
1 tablespoon pineapple juice	1 cup heavy cream, whipped

Fold juices and cherries into cream. Serve with fruit salads. Approximate yield: $1\frac{1}{2}$ cups dressing.

SNAPPY CREAM DRESSING

$\frac{1}{4}$ cup chili sauce	1 teaspoon horseradish
1 teaspoon lemon juice	$1\frac{1}{4}$ teaspoons salt
$\frac{1}{2}$ cup heavy cream, whipped	

Combine chili sauce, lemon juice, horseradish and salt; fold into cream. Serve with asparagus salad. Yield: $\frac{3}{4}$ cup dressing.

QUICK SOUR CREAM DRESSING

$\frac{3}{4}$ cup sour cream	$\frac{1}{2}$ teaspoon salt
3 tablespoons vinegar	3 tablespoons sugar
dash of paprika	

Beat cream, vinegar and seasonings together until ingredients are well combined and mixture is thick. Serve with vegetable salad. Approximate yield: $1\frac{1}{3}$ cups dressing.

BEET SALAD DRESSING

1 cup sour cream	$\frac{1}{2}$ teaspoon salt
$\frac{1}{8}$ teaspoon caraway seed, pulverized	$1\frac{1}{2}$ tablespoons minced chives
$\frac{1}{2}$ cup minced uncooked beets	

Blend ingredients in order given, beating until well combined. Serve with vegetable or egg salad. Approximate yield: $1\frac{1}{2}$ cups dressing.

SHERBET DRESSING

Stir $\frac{1}{2}$ cup finely chopped pecans into 1 pint Lemon Sherbet (page 720) and serve at once with fruit or cabbage salads. Orange or pineapple sherbet and almonds, walnuts or pistachio nuts may be used, if desired. Approximate yield: $2\frac{1}{2}$ cups dressing.

CUCUMBER CREAM DRESSING

2 tablespoons vinegar	1 cup diced cucumber
2 tablespoons sugar	1 cup heavy cream, whipped

Add vinegar and sugar to cucumbers; fold into cream. Serve with meat or chicken salads. Approximate yield: 2 cups dressing.

FROZEN TOMATO DRESSING

1 quart tomatoes (fresh or canned)	3 cups water
1 slice onion	$\frac{2}{3}$ teaspoon salt
3 whole cloves	2 tablespoons sugar
1 bay leaf	$\frac{1}{4}$ cup lemon juice
1 tablespoon chopped green pepper	1 cup finely minced celery

Simmer tomatoes, onion, seasonings and 2 cups water about 30 minutes; put through sieve, add salt, sugar, lemon juice and remaining water. Turn into freezing tray of automatic refrigerator with temperature control set at coldest point. Freeze to a mush and add celery. Do not freeze too hard. Serve with vegetable salad. Approximate yield: 6 to 8 portions.

LEMON PEANUT DRESSING

2 tablespoons peanut butter	$\frac{1}{4}$ teaspoon grated horseradish
2 tablespoons heavy cream	$\frac{1}{2}$ teaspoon powdered sugar
2 tablespoons lemon juice	$\frac{1}{4}$ teaspoon paprika
	$\frac{1}{4}$ teaspoon salt

Cream peanut butter, add remaining ingredients, and beat until very light. Serve at once with green salads. Yield: $\frac{1}{2}$ cup dressing.

HOT OIL SALAD DRESSING

1 teaspoon salt	2 tablespoons salad oil
1 tablespoon sugar	1 hard-cooked egg, minced
$\frac{1}{2}$ to 1 teaspoon dry mustard	2 cucumbers, sliced and pared
$\frac{1}{3}$ cup vinegar	paprika

Combine salt, sugar and mustard, add vinegar and oil and heat to boiling point; add egg. Pour over sliced cucumbers or lettuce, dust with paprika and serve at once. Approximate yield: $\frac{3}{4}$ cup dressing.

Cakes

Luck plays a negligible part in cake making. The woman who consistently turns out perfect cakes approaches her job with critical hand and mind. She understands the principles behind cake making. She knows that cakes may be classified in two main groups—those made with shortening, the butter cakes; those made without shortening, the true sponge and angel cakes.

BUTTER CAKES

THE ideal qualities of butter cakes vary with different types and shapes. In general, the cake is symmetrical, with flat or slightly rounded top, no cracks or peaks, a golden brown crust; feathery, but not coarse; tender, moist and soft to the touch; delicate in flavor.

Butter cakes include the plain, rich, and the pound cake types, and differ chiefly in the amounts of shortening, sugar and eggs they contain. Rich cakes are more delicately balanced than plain cakes. Too much or too little of any one ingredient, or improper or poor technique in mixing, will often result in an inferior product or even in failure.

ALTITUDE

THE cake recipes in this book are developed at sea level and will give satisfactory results for elevations under 3000 feet. Rich cakes, especially, become increasingly coarse, dry and crumbly as the elevation increases to 5000 feet and more. The ingredients most directly affected are the baking powder, soda or steam, the short-

538 ening and sugar. Changes in the amount of one or all of these are necessary to meet the decreases in atmospheric pressure. Cake recipes developed at sea level must have certain adjustments made if they are to be successful at higher levels. One or more of the following changes may have to be made: reduce the amount of leavening slightly (the higher the altitude, the greater the expansion of the gas produced by a given amount of leavening); reduce the amount of sugar from $\frac{1}{2}$ to 1 tablespoon per cup with every 1000 feet rise in elevation above 3000 feet (for a stronger mixture to resist the greater expansion of gas in the batter); reduce the amount of shortening very slightly with every 1000 feet rise in elevation (for the same reason as for sugar); reduce both sugar *and* shortening, and, at very high altitudes (7000 feet and up), reduce the leavening as well.

INGREDIENTS

SOFT wheats, which are used in prepared cake or pastry flours, make the finest cakes because of the quality of the gluten contained in them. Cake flour is indicated in most of the following recipes. If all-purpose flour is substituted, use two tablespoons less per cup. A compromise amount of baking powder, $1\frac{1}{4}$ to $1\frac{1}{2}$ teaspoons per cup sifted flour, has been allowed so that baking powders may be used interchangeably with good results. Unsalted fats sometimes require more salt than a recipe indicates. Butter, because of its flavor, makes an ideal shortening. Many fats which cream well may be used interchangeably, such as margarines and the hydrogenated fats. Lard has a greater shortening power than other fats; when substituted for butter in recipes high in fat, use 2 to $2\frac{1}{2}$ tablespoons less per cup than the recipe indicates; it will cream more easily if about two tablespoons of the liquid is added to it. Fine granulated sugar produces a more delicate crumb than coarse sugar and a more moist cake than powdered sugar. Brown sugar may be substituted by weight for granulated sugar; for substitution by measure, see page 52.

When one egg is omitted from a recipe, the baking powder should be increased by $\frac{1}{2}$ teaspoon. Left-over whites or yolks may be used in place of whole eggs; for most purposes allow two whites or two yolks for one whole egg. Fruit juices are sometimes substituted for sweet milk. Sour milk may be used in place of sweet milk in some recipes with soda substituted for baking powder in correct amounts. 539

METHODS OF MIXING CAKES

THE method of mixing a cake influences the grain and texture. Too much mixing may produce a cracked, peaked, compact and tough cake. Too little mixing may result in a coarse and uneven grain.

Mixing by hand is a time-old method of putting cakes together, and is indicated in the following recipes. A plain or simple cake may be mixed by the muffin or quick method especially when eaten fresh, while richer cakes require more thorough mixing, and are combined by what is known as the conventional method of mixing.

Mixing by machine is becoming more and more satisfactory as the electric mixer and the technique of electric mixing have improved. Almost any cake recipe can be adapted to the electric mixer. Follow directions as given but cut the mixing time one-half or one-fourth the time indicated. For best results, follow recipe directions that come with the mixer. These have been developed after much research and can aid you, if you wish, in working out a technique of your own for each type of recipe.

Hints on Mixing by Machine. Rules vary with each recipe, but in general it has been found helpful to start to cream hard or cold shortening at medium speed, increasing to high when it is soft. Add the sugar at high speed and beat until light. Then reduce the speed to medium, add the eggs one at a time, and

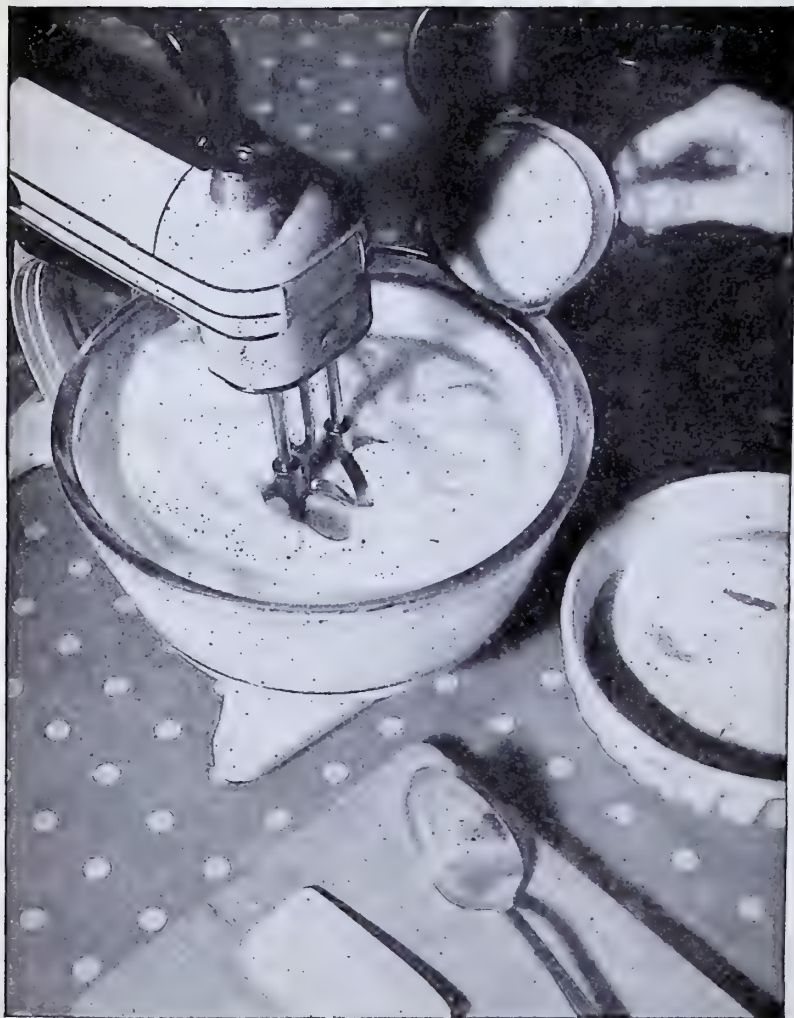
540 when mixed, switch to high and beat until light and fluffy. Add flour and liquid at medium speed and beat until just smooth—no longer. Fold in egg whites by hand. The whole egg is frequently added to the creamed butter and sugar. When a recipe uses only two to four tablespoons shortening, beat it with the sugar and the eggs until the mixture is fluffy, then add the flour and liquid as directed.

Temperature of the Ingredients. The shortening should not be too cold. It creams better if at room temperature. Eggs beat to greater volume when at room temperature than when fresh from refrigerator. Milk, if too cold, may cause the fat globules to separate out from the mixture. If ingredients are warm and the room is hot, the batter should be beaten a minimum amount.

Pans for Baking. Pans should be prepared before the batter is mixed. Use butter for greasing; fill pans one-half to two-thirds full, pushing the batter into the corners to obtain a more level cake. Paper cups used to line muffin pans need not be greased.

Baking of Cakes. Place pans on rack three or four inches from the bottom of the oven. The pans should not touch each other and when several cakes are baked at one time and placed on two oven racks, the pans should be staggered so they do not come directly over one another. The recipes that follow include directions for baking in a pre-heated oven. If you like to start your cakes in a cold oven, set the oven switch at the required temperature when the cakes go in, and add 10 to 15 minutes to the entire baking period. See table and note, page 27, for baking time.

Testing for Doneness. The cake is baked when it shrinks from the sides of the pan, springs back when touched lightly, or when a cake tester inserted in the center comes out clean. Cool butter cakes five minutes or longer on cake rack before removing from the pans to the racks. Frost when cold and store cold cakes in ventilated containers.



AN ELECTRIC MIXER MAKES LIGHT, TENDER ANGEL FOOD

Angel Food is so easy to make when the whites are whipped by the electric mixer. The sugar is added slowly, at medium speed and when blended, the flour is folded in gently by hand. See recipe for Angel Food (page 572) and directions for using an electric mixer (page 539).

ONE-EGG CAKE

2 cups sifted cake flour	1 cup sugar
2½ teaspoons baking powder	1 teaspoon vanilla
¼ teaspoon salt	1 egg
⅓ cup shortening	⅔ cup milk

Mix and sift flour, baking powder and salt. Cream shortening until soft and smooth, and gradually add sugar, creaming until fluffy; beat in vanilla and egg. Add flour alternately with milk, beating until smooth after each addition. Turn into greased pan or pans and bake: in square pan in moderate oven (350° F.) about 50 minutes; in 2 layer pans or in muffin pans in moderate oven (375° F.) about 25 minutes. Yield: 1 (8-inch) square, 2 (8-inch) layers, or 1½ dozen cup cakes.

BOSTON CREAM PIE

Use recipe for One-egg Cake (see above); spread Cream Filling (page 623) between layers, sift powdered sugar over top and cut in wedges. Approximate yield: 8 portions.

WASHINGTON PIE

Use recipe for One-egg Cake (see above); spread raspberry or loganberry jam between layers, sift powdered sugar over top and cut in wedges. Approximate yield: 8 portions.

QUICK CAKE

1½ cups sifted cake flour	1 egg
3 teaspoons baking powder	2 tablespoons shortening, melted
½ teaspoon salt	milk
1 cup sugar	1 teaspoon lemon extract

Mix and sift dry ingredients. Break egg into measuring cup, add shortening and fill cup with milk; pour into mixing bowl and add flavoring. Gradually add flour-sugar mixture, stirring until mixed; then beat vigorously about 1 minute, or until creamy; turn into 2 greased layer pans and bake in moderate oven (375° F.) about 25 minutes. Frost as desired; serve fresh. Yield: 2 (8-inch) layers.

BLUEBERRY TEA CAKES

Use recipe for One-egg Cake (see above); turn ½ of batter into greased, 9-inch square pan, cover with 1½ cups fresh blueberries or huckleberries and turn remaining batter over top; bake as directed. Sprinkle with powdered sugar, cut in 3-inch squares and serve warm with butter for tea or supper. Yield: 9 (3-inch) square portions.

WHIPPED CREAM PIE

Use recipe for Quick Cake (page 542). Arrange 4 ripe bananas, sliced, between layers and on top, covering fruit with 1 cup heavy cream, whipped, sweetened and flavored with $\frac{1}{2}$ teaspoon vanilla, and sprinkling with $\frac{1}{4}$ cup chopped walnut meats. Serve fresh. Approximate yield: 1 dozen portions.

TWO-EGG CAKE

2 cups sifted cake flour	1 cup sugar
$2\frac{1}{2}$ teaspoons baking powder	1 teaspoon vanilla or other flavoring
$\frac{1}{4}$ teaspoon salt	2 eggs, separated
$\frac{1}{2}$ cup shortening	$\frac{2}{3}$ cup milk

Mix and sift flour, baking powder and salt. Cream shortening until soft and smooth, and gradually add sugar, creaming until fluffy; add flavoring and beat in well-beaten egg yolks. Add flour alternately with milk, beating until smooth after each addition; fold in thoroughly the stiffly beaten egg whites. Turn into greased pan or pans and bake: in square pan in moderate oven (350° F.) for 50 to 60 minutes; in 2 layer pans or in muffin pans in moderate oven (375° F.) about 25 minutes. Yield: 1 (8-inch) square, 2 (8- or 9-inch) layers, or 20 cup cakes.

ORANGE COCONUT CAKE

Use recipe for Two-egg Cake (see above); flavor with 1 tablespoon grated orange rind instead of vanilla; substitute orange juice for milk and fold in $\frac{1}{2}$ cup grated coconut before folding in egg whites. Put layers together and cover cake with Orange Seven Minute Frosting (page 615); decorate cake with 1 cup shredded coconut. Yield: 2 (8- or 9-inch) layers.

SPICED LAYER CAKE

Use recipe for Two-egg Cake (see above); add 1 teaspoon cinnamon and $\frac{1}{4}$ teaspoon each cloves and nutmeg to dry ingredients. Put layers together and cover cake with Mocha Frosting (page 612). Yield: 2 (9-inch) layers.

MARBLE LAYER CAKE

Use recipe for Two-egg Cake (see above); divide batter into two parts and add 1 square chocolate, melted, to one part. Put by spoonfuls into 2 greased layer pans, alternating light and dark mixtures. Put layers together and cover cake with Chocolate Butter Frosting (page 612). Yield: 2 (9-inch) layers.

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QUICK SOUR CREAM CAKE

1½ cups sifted cake flour	1 cup sugar
½ teaspoon baking soda	2 eggs
¼ teaspoon salt	thick sour cream
	½ teaspoon vanilla

Mix and sift dry ingredients. Break eggs into measuring cup and fill with sour cream; pour into mixing bowl, add vanilla and beat well. Gradually add flour-sugar mixture, stirring until mixed; then beat vigorously 1 minute, or until smooth and creamy. Turn into greased pan or pans and bake: in square pan in moderate oven (350° F.) about 35 minutes; in 2 layer pans in moderate oven (375° F.) about 25 minutes. Serve fresh. Approximate yield: 1 (8-inch) square, or 2 (8-inch) layers.

CARAMEL CAKE

2 cups sugar	½ teaspoon salt
1 cup boiling water	¾ cup shortening
3 cups sifted cake flour	1 teaspoon vanilla
4 teaspoons baking powder	2 eggs, separated

Melt ½ cup sugar in heavy pan over low flame, stirring until liquid becomes golden brown. Remove from heat and gradually stir in boiling water; then simmer until caramel is dissolved. Mix and sift flour, baking powder and salt. Cream shortening until soft and smooth; gradually add remaining 1½ cups sugar, creaming until very fluffy; beat in flavoring and well-beaten egg yolks. Add flour alternately with caramel syrup, beating until smooth after each addition; fold in thoroughly the stiffly beaten egg whites. Bake in 2 greased layer pans or in muffin pans in moderate oven (375° F.) about 25 minutes. Put layers together and cover cake with Caramel Fudge Frosting (page 620), or Burnt Sugar Frosting (page 615). Yield: 2 (9-inch) layers, or 30 cup cakes.

CARAMEL MYSTERY CAKES

- 1 recipe Two-egg Cake (page 543) 1 recipe Fig Filling (page 625)
1 recipe Caramel Fudge Frosting (page 620)

Prepare cake batter and fill greased muffin pans ¼ full; place 1 tablespoon filling in each, then add cake batter to fill pans ¾ full. Bake as directed and cover cakes with Caramel Fudge Frosting. Approximate yield: 2 dozen cup cakes.

BANANA CAKE

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2 cups sifted cake flour	1 teaspoon vanilla
1 teaspoon baking soda	1 teaspoon lemon extract
¼ teaspoon salt	2 eggs, beaten
½ cup shortening	1 cup mashed bananas
1½ cups sugar	½ cup sour milk or buttermilk

Mix and sift flour, soda and salt. Cream shortening until soft and smooth; gradually add sugar, creaming until very fluffy. Beat in flavoring and slightly beaten eggs; add bananas. Add flour alternately with sour milk, beating until smooth after each addition. Turn into greased layer pans and bake in moderate oven (350° F.) about ½ hour. Put layers together and cover cake with Sea Foam Frosting (page 615). Yield: 3 (8-inch) or 2 (10-inch) layers.

TUTTI-FRUTTI CUP CAKES

1 recipe Two-egg Cake (page 543)	1 cup coconut, slightly toasted
¾ cup orange marmalade	1 tablespoon powdered sugar
1 egg white, stiffly beaten	

Prepare cake batter and bake as directed for cup cakes. When cool, cover tops and sides with marmalade; roll in toasted coconut and place on cooky sheet. Top with meringue made by beating powdered sugar into stiffly beaten egg white. Bake in moderate oven (350° F.) about 10 minutes, or until meringue is delicately browned. Approximate yield: 20 cup cakes.

THREE-EGG CAKE

2 cups sifted cake flour	1¼ cups sugar
3 teaspoons baking powder	1 teaspoon vanilla
¼ teaspoon salt	3 eggs, separated
⅔ cup shortening	½ cup milk

Mix and sift flour, baking powder and salt. Cream shortening until soft and smooth; gradually add 1 cup sugar, creaming until very fluffy; beat in vanilla and well-beaten egg yolks. Add flour alternately with milk, beating until smooth after each addition. Beat egg whites until stiff and gradually beat in remaining ¼ cup sugar; fold thoroughly into cake batter. Turn into greased pan or pans and bake: in square pan in moderate oven (350° F.) about 1 hour; in 2 layer pans or in muffin pans in moderate oven (375° F.) for 20 to 25 minutes. Yield: 1 (9-inch) square, 2 (9-inch) layers, or 30 cakes.

MARBLE NUT CAKE

Use recipe for Three-egg Cake (page 545); divide batter into two parts. To one-half add mixture of $\frac{1}{2}$ teaspoon cinnamon, $\frac{1}{4}$ teaspoon allspice, $\frac{1}{8}$ teaspoon each cloves, mace and nutmeg, and 1 tablespoon dark molasses; to other half add $\frac{1}{4}$ cup chopped nuts. Put by tablespoons into greased square pan, alternating spice and nut mixtures. Bake in moderate oven (350° F.) about 1 hour. Yield: 1 (9-inch) square cake.

LOAF CAKE

3 $\frac{1}{3}$ cups sifted cake flour	1 $\frac{3}{4}$ cups sugar
5 teaspoons baking powder	$\frac{1}{2}$ teaspoon vanilla
$\frac{1}{2}$ teaspoon salt	4 eggs, well beaten
$\frac{3}{4}$ cup shortening	1 cup milk (scant)

Mix and sift flour, baking powder and salt. Cream shortening until soft and smooth; gradually add sugar, creaming until very fluffy; beat in flavoring and eggs. Add flour alternately with milk, beating until smooth after each addition. Turn into greased loaf pan and bake in moderate oven (350° F.) about 1 hour. Yield: 1 loaf, 9x5x3 inches.

FRUIT LOAF CAKE

Use recipe for Loaf Cake (see above); add $\frac{3}{4}$ cup seedless raisins, currants or sliced citron to the butter-sugar-egg mixture and beat thoroughly. Yield: 1 loaf, 9x5x3 inches.

MARASCHINO CHERRY CAKE

3 cups sifted cake flour	1 $\frac{1}{2}$ cups sugar
3 teaspoons baking powder	1 teaspoon vanilla
$\frac{1}{4}$ teaspoon salt	3 eggs, separated
$\frac{2}{3}$ cup shortening	1 cup milk
$\frac{3}{4}$ cup red maraschino cherries	

Mix and sift flour, baking powder and salt. Cream shortening until soft and smooth; gradually add sugar, creaming until very fluffy; beat in vanilla and well-beaten egg yolks. Add flour alternately with milk, beating until smooth after each addition. Add cherries, drained and dried on unglazed paper, and fold in thoroughly the stiffly beaten egg whites. Turn into 3 greased layer pans and bake in moderate oven (375° F.) about 25 minutes. Put layers together and cover cake with Boiled Frosting (page 616). Yield: 3 (8-inch) layers.

TOWER BRIDE'S CAKE

547

Use recipe for Maraschino Cherry Cake (page 546); omit maraschino cherries. Turn batter into 4 greased, round layer pans, graduated in size from 9 to 3 inches in diameter, and bake in moderate oven (375° F.) for 20 to 25 minutes. Put together and cover with Boiled Frosting (page 616). Approximate yield: 4 layers, graduated in size.

ALMOND CHERRY LOAF

Use recipe for Maraschino Cherry Cake (page 546); add ½ cup finely chopped almonds to butter-sugar-egg mixture and reduce cherries to ½ cup, finely chopped. Turn batter into two greased loaf pans, paper-lined and greased, and bake in moderate oven (350° F.) about 1 hour. Spread Butter Frosting (page 612) over cakes and decorate with blanched almonds if desired. Yield: 2 loaves, 8 x 4 x 3 inches.

OLD-FASHIONED NUT LOAF

2 cups sifted cake flour	1 cup sugar
2½ teaspoons baking powder	1 teaspoon vanilla
½ teaspoon salt	3 eggs
⅔ cup shortening	1 cup finely chopped walnuts
6 tablespoons milk	

Mix and sift flour, baking powder and salt. Cream shortening until soft and smooth; gradually add sugar, creaming until fluffy. Add vanilla and beat in thoroughly 1 egg at a time; add nuts and beat well. Add flour alternately with milk, beating until smooth after each addition. Turn into greased loaf pan and bake in moderate oven (350° F.) about 1¼ hours. Yield: 1 loaf, 8 x 4 x 3 inches.

OLD-FASHIONED POUND CAKE

1 pound cake flour (4½ cups)	1 pound sugar (2¼ cups)
1 teaspoon baking powder	¼ cup lemon juice or 2 tablespoons
2 teaspoons nutmeg	brandy
1 pound butter (2 cups), scant	1 pound eggs (10), separated

Mix flour, baking powder and nutmeg, and sift three times. Cream butter until soft and smooth; add sugar gradually, creaming until very fluffy; add lemon juice and well-beaten egg yolks, beating very thoroughly. Fold in thoroughly the stiffly beaten egg whites, then flour. Turn into greased, paper-lined, loaf pans and bake in slow oven (300°-325° F.) for 1¼ to 1½ hours. Yield: 2 loaves.

POUND CAKE RING

2 cups sifted cake flour	1¼ cups sugar
1½ teaspoons baking powder	1 teaspoon vanilla
½ teaspoon salt	4 eggs
1 cup butter	½ cup milk

Mix and sift flour, baking powder and salt. Cream butter until soft and smooth; gradually add sugar, creaming until very fluffy; add vanilla and beat in thoroughly one egg at a time. Add flour alternately with milk, beating until smooth after each addition. Bake in greased 10-inch ring mold in moderately slow oven (325° F.) about 1 hour. Frost cold cake if desired. Yield: 1 (10-inch) cake ring.

FRENCH ALMOND CAKE

1¾ cups sifted flour	¼ cup almond paste
½ cup butter	2 tablespoons milk
1 cup powdered sugar	4 eggs, slightly beaten
2 teaspoons vanilla	2 egg yolks, slightly beaten

Sift flour several times. Cream butter until soft and smooth; gradually add sugar, creaming until fluffy; add vanilla. Mix almond paste with milk, beating with fork until smooth; add to butter-sugar mixture; then gradually beat in eggs and egg yolks. Fold in flour in small amounts, turning the bowl half around with each addition and in same direction. Turn batter into greased 6½ x 10 x 1-inch pan, lined with heavy paper and again greased; push dough up along sides of the pan to make a flat-top cake when baked. Bake in moderately slow oven (325°–350° F.) 40 minutes. Let stand 5 minutes before removing from pan; when still lukewarm, place a board or pan on top to press down evenly on cake to obtain a slightly compact grain; remove board when cake is cold. Cut in very small shapes (1½ inches) for Petits Fours (page 596); cut in small circles, half-moons, stars, or other fancy shapes and frost as desired; or cut in layers, split each, put together as a 4-layer cake with Cream Filling (page 623), and cover with frosting as desired. Yield: 1 (6½ x 10 x 1-inch) sheet.

WHITE CAKE

Use recipe for Two-egg Cake (page 543); change sugar to 1½ cups; substitute 3 stiffly beaten egg whites for 2 whole eggs, and fold thoroughly into batter. Yield: 1 (8-inch) square, 2 (8-inch) layers, or 2 dozen cup cakes.

DELICATE WHITE CAKE

549

2 cups sifted cake flour	1 1/3 cups sugar
3 teaspoons baking powder	1/2 teaspoon vanilla
1/4 teaspoon salt	2/3 cup milk
1/2 cup shortening	4 egg whites

Mix and sift flour, baking powder and salt. Cream shortening until soft and smooth and gradually add 1 cup sugar, creaming until fluffy; add flavoring. Add flour alternately with milk, beating until smooth after each addition. Beat egg whites until stiff, gradually beat in remaining 1/3 cup sugar; fold thoroughly into cake batter. Turn into 2 greased layer pans or square pan and bake: in layers in moderate oven (375° F.) about 20 minutes; in square pan in moderate oven (350° F.) about 50 minutes. Yield: 2 (9-inch) layers, or 1 (9-inch) square, or 30 cup cakes.

ALLEGRETTI PECAN CAKE

1 recipe Delicate White Cake (see above)	1 recipe Fluffy Marshmallow Frosting (page 615)
1 cup finely chopped pecan meats	1 recipe Bittersweet Veneer (page 618)

Prepare cake batter; carefully fold in nuts and bake in 2 greased, 9-inch layer pans. Put layers together and spread sides and top of cake with frosting. When frosting is firm but not hard, pour bitter-sweet veneer over top, allowing veneer to run over edge and drip down on sides of cake. Yield: 2 (9-inch) layers.

SNOW CAKE

3 cups sifted cake flour	1 1/2 cups sugar
4 teaspoons baking powder	1 teaspoon lemon extract
1/2 teaspoon salt	4 egg whites
3/4 cup shortening	1 cup milk

Mix and sift flour, baking powder and salt. Cream shortening until soft and smooth, and gradually add sugar, creaming until very fluffy; add flavoring and beat in thoroughly one egg white at a time. Add flour alternately with milk, beating until smooth after each addition. Turn into well-greased tube or loaf pan and bake in moderate oven (350° F.) about 1 hour. Approximate yield: 1 large cake.

SIMPLE WHITE CAKE

Use recipe for One-egg Cake (page 542); substitute 2 stiffly beaten egg whites for 1 whole egg and fold thoroughly into batter. Yield: 1 (8-inch) square, 2 (8-inch) layers, or 20 cup cakes.

WALNUT MOCHA CAKE

Use recipe for Two-Egg Cake (page 543); omit flavoring, substitute strong coffee for milk and add $\frac{3}{4}$ cup broken walnut meats. Bake in greased square pan in moderate oven (350° F.) about 50 minutes. Yield: 1 (8-inch) square cake.

FUDGE CAKE

2 cups sifted cake flour	$1\frac{1}{4}$ cups firmly packed brown sugar
$1\frac{1}{2}$ teaspoons baking powder	1 teaspoon vanilla
$\frac{1}{2}$ teaspoon baking soda	2 eggs
$\frac{1}{2}$ teaspoon salt	3 squares chocolate, melted
$\frac{1}{2}$ cup shortening	1 cup milk

Mix flour, baking powder, soda and salt. Cream shortening until soft and smooth; gradually add sugar, creaming until fluffy; add vanilla and beat in thoroughly one egg at a time, then chocolate. Add flour alternately with milk, beating until smooth after each addition. Turn into greased pans or pan and bake: in 2 layer pans in moderate oven (350° F.) about 25 minutes; in square pan in moderately slow oven (325° F.) about 1 hour. Approximate yield: 2 (9-inch) layers, or 1 (9-inch) square cake.

SILVER CAKE

3 cups sifted cake flour	2 cups powdered sugar
3 teaspoons baking powder	$\frac{1}{2}$ teaspoon rose or almond extract
$\frac{3}{4}$ teaspoon salt	$\frac{1}{2}$ cup milk
$\frac{3}{4}$ cup shortening	$\frac{1}{2}$ cup water
6 egg whites, stiffly beaten	

Mix flour, baking powder and salt, and sift three times. Cream shortening until soft and smooth, and gradually add sugar, creaming until very fluffy; add flavoring. Add flour alternately with combined milk and water, beating until smooth after each addition; fold in thoroughly the stiffly beaten egg whites. Turn into greased layer pans or paper-lined, 8-inch tube pan and bake: in layers in moderate oven (375° F.) about 20 minutes; in tube pan in moderately slow oven (325°–350° F.) about 55 minutes. Yield: 3 (9-inch) layers, or 1 large cake, or 2 thick (10-inch) layers.

LADY BALTIMORE CAKE

551

Use recipe for Silver Cake (page 550); put layers together and cover top with Lady Baltimore Frosting (page 618). Yield: 3 (9-inch) layers.

GOLD CAKE

1¾ cups sifted cake flour	1 cup sugar
3 teaspoons baking powder	1 tablespoon grated orange rind
¼ teaspoon salt	8 egg yolks
½ cup shortening	½ cup milk

Mix and sift flour, baking powder and salt. Cream shortening until soft and smooth, and gradually add sugar, creaming until very fluffy; add orange rind. Beat egg yolks until very thick and light-colored and add to butter-sugar mixture, beating thoroughly. Add flour alternately with milk, beating until smooth after each addition. Turn into 3 greased layer pans or muffin pans and bake in moderate oven (375° F.) for 20 to 25 minutes. Yield: 3 (8-inch) layers, or 2 dozen cup cakes.

GOLD LOAF CAKE

1 cup sifted cake flour	¾ cup sugar
3 teaspoons baking powder	1 teaspoon vanilla
¼ teaspoon salt	4 egg yolks
2 tablespoons butter	⅔ cup milk

Mix flour, baking powder and salt, and sift three times. Cream butter until soft; gradually stir in sugar and vanilla; beat in thoroughly one egg yolk at a time. Add flour, alternately with milk, beating until smooth after each addition. Turn into greased loaf pan, and bake in moderately hot oven (375° F.) 30 minutes; then increase heat to 400° F. and bake 15 minutes longer. Invert pan and cool for 10 minutes before removing cake from pan. Serve warm with chilled, sweetened berries. Yield: 1 loaf cake, 8 x 4 x 3 inches.

BABY BALTIMORE CAKES

Use ½ recipe for Gold Cake (see above); bake in greased muffin pans. Cut each cake in 3 slices; put together with Fruit-Nut Filling (page 625) and spread Boiled Frosting (page 616) over cakes. Approximate yield: 1 dozen cup cakes.

LORD BALTIMORE CAKE

Use recipe for Gold Cake (page 551); put layers together and cover top with Lord Baltimore Frosting (page 616). Yield: 3 (8-inch) layers.

PARTY FUDGE CAKE

4 squares chocolate	½ teaspoon salt
1¼ cups milk	⅔ cup shortening
⅓ cup firmly packed brown sugar	1 cup granulated sugar
2¼ cups sifted cake flour	1 teaspoon vanilla
1 teaspoon baking soda	3 eggs, well beaten

Melt chocolate in milk in top part of double boiler, beating with rotary beater until blended; add brown sugar, stirring until smooth, and cool. Mix and sift flour, soda and salt. Cream shortening until soft and smooth; gradually add granulated sugar, creaming until very fluffy; beat in vanilla and eggs. Add flour alternately with chocolate mixture, beating until smooth after each addition. Turn into greased pan or pans and bake: in moderate oven (350° F.); in 10-inch square pan about 55 minutes; in 3 (8-inch) layer pans for 25 to 30 minutes. Spread Fudge Frosting (page 620) on cake and press walnut halves over entire top surface. Yield: 1 (10-inch) square cake, or 3 (8-inch) layers.

QUICK FUDGE CAKE

1⅔ cups sifted cake flour	2 eggs, separated
3 teaspoons baking powder	milk
½ teaspoon salt	2 tablespoons shortening, melted
2 cups sugar	½ teaspoon vanilla
4 squares chocolate, melted	

Mix and sift dry ingredients. Put egg yolks in measuring cup and fill with milk; pour into mixing bowl with ½ cup additional milk and add shortening and vanilla. Gradually add flour-sugar mixture, stirring until mixed; then stir in chocolate and beat vigorously 1 minute, or until smooth; fold in the stiffly beaten egg whites. Turn into 2 greased layer pans or square pan and bake in moderate oven (350° F.) about 25 minutes. Frost as desired and serve fresh. Approximate yield: 2 (8-inch) layers, or 1 (8-inch) square.

FUDGE MARSHMALLOW CAKE

553

1 recipe Quick Fudge Cake (page 552) 45 marshmallows ($\frac{3}{4}$ lb.)

1 recipe Fudge Frosting (page 620)

Turn cake batter into 3 greased, 8-inch layer pans and bake in moderate oven (350° F.) about 20 minutes; remove to cake racks. Rinse marshmallows and cut in quarters; place on hot layers and return to oven for 2 minutes, or until marshmallows are soft. Put layers together and cover top with Fudge Frosting. Yield: 3 (8-inch) layers.

CHOCOLATE LAYER CAKE

2 cups sifted cake flour	1 cup sugar
2 teaspoons baking powder	1 teaspoon vanilla
$\frac{1}{2}$ teaspoon baking soda	2 eggs, separated
$\frac{1}{2}$ teaspoon salt	3 squares chocolate, melted
$\frac{1}{2}$ cup shortening	$1\frac{1}{4}$ cups milk

Mix and sift flour, baking powder, soda and salt. Cream shortening until soft and smooth; gradually add sugar, creaming until very fluffy; beat in vanilla and egg yolks, then chocolate. Add flour alternately with milk, beating until smooth after each addition; fold in thoroughly the stiffly beaten egg whites. Turn into greased layer pans and bake in moderate oven (350° F.) about $\frac{1}{2}$ hour. To substitute cocoa for chocolate, use $\frac{1}{2}$ cup cocoa and sift with dry ingredients; add $1\frac{1}{2}$ tablespoons shortening. Yield: 2 (9-inch) layers.

DEVIL'S FOOD CAKE

2 cups sifted cake flour	$1\frac{1}{2}$ cups sugar
1 teaspoon baking soda	1 teaspoon vanilla
$\frac{1}{2}$ teaspoon salt	3 eggs, separated
$\frac{1}{2}$ cup shortening	2 squares chocolate, melted

1 cup sour milk or buttermilk

Mix and sift flour, soda and salt. Cream shortening until soft and smooth; gradually add sugar, creaming until fluffy; beat in vanilla and well-beaten egg yolks, then chocolate. Add flour alternately with sour milk, beating until smooth after each addition; fold in thoroughly the stiffly beaten egg whites. Turn into greased pans or pan and bake: in 2 layer pans in moderate oven (350° F.) about 25 minutes; in square pan in moderately slow oven (325° F.) about 1 hour. Yield: 2 (9-inch) layers, or 1 (9-inch) square cake.

DUCHESS DEVIL'S FOOD

3 cups sifted cake flour	2 cups sugar
3 teaspoons baking powder	4 egg yolks, well beaten
¼ teaspoon salt	4 squares chocolate, melted
1 cup shortening	1 cup milk
	8 egg whites

Mix and sift flour, baking powder and salt. Cream shortening until soft and smooth; gradually add sugar, creaming until very fluffy; beat in egg yolks, then cooled chocolate. Add flour alternately with milk, beating until smooth after each addition; fold in thoroughly the stiffly beaten egg whites. Turn into 5 or 8 greased layer pans, spreading from ½ to ¾ inch thick. Bake in moderate oven (350° F.) for 15 to 20 minutes. When slightly cool, put layers together with Cream Filling (page 623) or Chocolate Cream Filling (page 623); cover top and sides with French Fudge Frosting (page 620). Yield: 5 (9-inch) or 8 (8-inch) layers. Or bake in 3 thick (9-inch) layers and put together with Fluffy Marshmallow Frosting (page 615).

WEDDING CAKE

5 cups sifted cake flour	4 cups sugar
4 teaspoons baking powder	¾ tablespoon vanilla
½ teaspoon salt	2 cups milk
1 cup shortening	10 egg whites

Mix and sift flour, baking powder and salt. Cream shortening until soft and smooth, and gradually add sugar, creaming until very fluffy; add vanilla. Add flour alternately with milk, beating until smooth after each addition; fold in thoroughly the stiffly beaten egg whites. Turn into 3 greased layer pans of different sizes, filling each about ½ full, and bake in moderate oven (350° F.) for 30 to 40 minutes. When cool, put layers together, pyramid style, with Foundation Boiled Frosting (page 617), spreading very smoothly. By forcing Decorative Boiled Frosting (page 617) through pastry tube, make a garland of white rosebuds around each layer and cover top with rosebuds. Over the top place a handle made by joining together the stems of small white flowers; stand the tiny bride and groom figures under this. Yield: 3 graduated layers, 12, 9 and 6 inches.

SHIRLEY TEMPLE CAKE

555

Use recipe for Wedding Cake (page 554); substitute $1\frac{1}{2}$ teaspoons rose flavoring for vanilla; bake in 2 greased, paper-lined pans, $12 \times 2\frac{1}{2}$ inches, in moderate oven (350° F.) for 45 to 60 minutes. Spread with Seven Minute Frosting (page 615), doubling recipe, and garnish as desired; or put layers together with filling and frost sides and top of cake as desired. Yield: 2 (12×2 -inch) layers, or 1 large cake, 4 inches high.

MOCHA TIER CAKE

2 cups sifted cake flour	$\frac{1}{4}$ teaspoon almond extract
2 teaspoons baking powder	$\frac{1}{2}$ teaspoon vanilla
$\frac{1}{2}$ teaspoon salt	4 eggs, separated
1 cup shortening	$3\frac{1}{2}$ squares chocolate, melted
2 cups sugar	1 cup strong coffee

Mix and sift flour, baking powder and salt. Cream shortening until soft and smooth; gradually add sugar, creaming until very fluffy; add flavoring and beat in egg yolks, then chocolate. Add flour alternately with coffee, beating until smooth after each addition; fold in thoroughly the stiffly beaten egg whites. Turn into 5 greased layer pans and bake in moderate oven (350° F.) about 15 minutes. Put thin layers together with Mocha Frosting (page 612) and spread frosting on sides and top. For variation, sprinkle dry macaroon crumbs thickly over cake. Yield: 5 (8-inch) thin layers.

RICH CHOCOLATE CAKE

$2\frac{1}{4}$ cups sifted cake flour	$1\frac{3}{4}$ cups sugar
$2\frac{1}{2}$ teaspoons baking powder	1 teaspoon vanilla
$\frac{1}{2}$ teaspoon salt	3 eggs, separated
1 cup shortening	3 squares chocolate, melted
	$\frac{3}{4}$ cup milk

Mix and sift flour, baking powder and salt. Cream shortening until soft and smooth; gradually add $1\frac{1}{2}$ cups sugar, creaming until very fluffy; beat in vanilla and well-beaten egg yolks, then chocolate. Add flour alternately with milk, beating until smooth after each addition. Beat egg whites until stiff; gradually beat in remaining $\frac{1}{4}$ cup sugar. Fold thoroughly into cake batter. Turn into greased layer pans and bake in moderate oven (350° F.) about 30 minutes. Approximate yield: 3 (8-inch) layers, or 2 (10-inch) layers.



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PENN SPICE CAKE

3 cups sifted flour	1/2 teaspoon cloves
3 teaspoons baking powder	2 teaspoons nutmeg
1/2 teaspoon baking soda	3/4 cup shortening
1 teaspoon salt	1 cup firmly packed brown sugar
1 teaspoon ginger	3 eggs, separated
1 teaspoon cinnamon	1 cup chopped raisins
1 teaspoon allspice	1 cup sour milk

Mix and sift flour, baking powder, soda, salt and spices. Cream shortening until soft and smooth; gradually beat in brown sugar, creaming until very fluffy; add well-beaten egg yolks, beating thoroughly, then raisins. Add flour alternately with sour milk, beating well after each addition; fold in thoroughly the stiffly beaten egg whites. Turn into greased, shallow pan and bake in moderate oven (350° F.) about 40 minutes. Spread with Caramel Fudge Frosting (page 620). Yield: 1 cake, 7 x 11 x 1 inches.

SPICE FRUITCAKE

2 cups sifted flour	1/2 cup chopped, dried prunes
2 teaspoons baking powder	1/2 cup chopped, dried apricots
1/2 teaspoon baking soda	1/2 cup chopped nuts
1/2 teaspoon salt	1/2 cup shortening
1/2 teaspoon cinnamon	2/3 cup firmly packed dark brown sugar
1/2 teaspoon nutmeg	2 eggs
1/4 teaspoon ginger	2/3 cup sour milk or buttermilk
1/4 teaspoon allspice	heavy cream, whipped
1/4 teaspoon cloves	brandy

Mix and sift flour, baking powder, soda, salt and spices; mix 1/2 cup with prepared fruits and nuts. Cream shortening until soft and smooth; gradually add sugar, creaming until fluffy, and beat in thoroughly one egg at a time. Add flour mixture alternately with sour milk, beating until smooth after each addition, then beat in fruit mixture. Turn into greased, 9 x 9 x 2-inch pan and bake in moderate oven (350° F.) about 50 minutes. Cut in squares and serve warm with whipped cream flavored with brandy. Finely cut preserved ginger may be added to cream, if desired. Yield: 9 (3-inch) portions.



SPICED PINEAPPLE UPSIDE-DOWN CAKE

557

$\frac{1}{2}$ cup butter	2 cups sifted flour
$1\frac{2}{3}$ cups firmly packed brown sugar	2 teaspoons baking powder
3 cups canned pineapple gems, drained	1 teaspoon cinnamon
	1 teaspoon nutmeg
10 maraschino cherries	2 eggs, beaten
	$\frac{2}{3}$ cup milk

Melt $\frac{1}{4}$ cup of butter in heavy pan. Add $\frac{2}{3}$ cup brown sugar, stirring until dissolved. Arrange in this a design using pineapple and cherries. Mix and sift dry ingredients. Beat eggs with remaining brown sugar, add milk and remaining butter, melted. Stir into dry ingredients. Turn over pineapple in pan. Bake in moderate oven (350° F.) about 50 minutes. Serve hot with whipped cream if desired. Yield: 6 portions.

BRAN GINGER CAKE

$1\frac{1}{2}$ cups sifted flour	1 cup bran
$\frac{1}{2}$ teaspoon baking powder	$\frac{1}{3}$ cup shortening
1 teaspoon baking soda	$\frac{1}{4}$ cup firmly packed brown sugar
$\frac{1}{2}$ teaspoon salt	$\frac{1}{2}$ cup molasses
$1\frac{1}{2}$ teaspoons ginger	1 egg
1 teaspoon cinnamon	$\frac{1}{2}$ cup sour milk or buttermilk

Mix and sift flour, baking powder, soda, salt and spices; stir in bran. Cream shortening and sugar; beat in molasses and egg. Add flour-bran mixture alternately with sour milk. Turn into greased square pan; bake in moderate oven (350°F.) for 1 hour. Yield: 1 (9-inch) cake.

CHARLESTON SPICE CAKE

2 cups sifted flour	$1\frac{1}{2}$ teaspoons cloves
1 teaspoon baking powder	$\frac{1}{2}$ cup shortening
$\frac{1}{2}$ teaspoon baking soda	1 cup sugar
$\frac{1}{4}$ teaspoon salt	3 eggs, well beaten
1 teaspoon nutmeg	1 cup molasses
$\frac{1}{2}$ teaspoon mace	$\frac{1}{4}$ cup milk

Mix and sift flour, baking powder, soda, salt and spices. Cream shortening until soft and smooth; gradually add sugar, creaming until fluffy, and beat in eggs. Add flour mixture alternately with combined molasses and milk, beating until smooth after each addition. Turn into greased square pan and bake in moderate oven (350° F.) for 40 to 50 minutes. Yield: 1 (8-inch) square cake.

PECAN SPICE CAKE

Use recipe for Charleston Spice Cake (page 557); beat $\frac{1}{2}$ cup chopped pecans into butter-sugar-egg mixture and bake in greased square pan. Yield: 1 (8-inch) square cake. If desired, cut in squares and serve as a dessert with topping of whipped cream.

CIDER CAKE

4 cups sifted flour	1 pound currants
3 teaspoons baking soda	$\frac{1}{2}$ cup shortening
$\frac{1}{4}$ teaspoon salt	1 cup sugar
1 teaspoon cinnamon	4 eggs, separated
1 teaspoon allspice	2 cups sweet cider

Mix and sift flour, soda, salt and spices; mix about $\frac{1}{2}$ cup with washed, dried currants. Cream shortening until soft and smooth; gradually add sugar, creaming until fluffy, then add well-beaten egg yolks and beat thoroughly. Add flour mixture alternately with cider, beating until smooth after each addition; fold in thoroughly the stiffly beaten egg whites. Turn into greased loaf pan and bake in moderate oven (350° F.) about 1 hour. Spread with Orange Butter Frosting (page 612), if desired. Yield: 1 cake, 7 x 11 x 1 inches.

BLACKBERRY JAM CAKE

3 cups sifted flour	1 teaspoon cloves
1 teaspoon baking powder	$\frac{2}{3}$ cup shortening
1 teaspoon baking soda	$1\frac{1}{2}$ cups sugar
$\frac{1}{4}$ teaspoon salt	3 eggs, well beaten
1 teaspoon cinnamon	1 cup blackberry jam
1 cup sour milk or buttermilk	

Mix and sift flour, baking powder, soda, salt and spices. Cream shortening until soft and smooth; gradually add sugar, creaming until very fluffy, then beat in eggs and jam. Add flour mixture alternately with sour milk, beating until smooth after each addition. Turn into 3 greased layer pans and bake in moderate oven (350° F.) about 30 minutes. Put layers together and spread top with Butter Frosting (page 612). Yield: 3 (9-inch) layers.

APPLESAUCE CAKE

559

3 cups sifted flour	2 cups chopped raisins
2 teaspoons baking soda	1 cup chopped dates
¼ teaspoon salt	½ cup shortening
2 teaspoons cinnamon	¾ cup firmly packed brown sugar
1½ teaspoons cloves	2 eggs, well beaten
2 cups chopped nuts	2 cups thick applesauce

Mix and sift flour, soda, salt and spices; mix about ½ cup with nuts and fruits. Cream shortening until soft and smooth; gradually add sugar, creaming until fluffy, then beat in eggs. Add flour mixture alternately with applesauce, beating well after each addition; beat in fruit-nut mixture. Turn into greased loaf pans and bake in moderately slow oven (325° F.) about 1 hour. Nuts and dates may be omitted, if desired. Yield: 2 small loaves, 6 x 3 inches, or 1 large loaf, 11 x 3 x 3 inches. This cake will keep moist for several days if stored in closely covered cake box.

WHITE CORN CAKE

1 cup sifted flour	⅓ cup shortening
1 cup white cornmeal	⅔ cup sugar
2 teaspoons baking powder	2 eggs, separated
⅓ teaspoon salt	½ cup milk
1⅓ cups mincemeat	

Mix and sift flour, cornmeal, baking powder and salt. Cream shortening until soft and smooth; gradually add sugar, creaming until fluffy, then beat in egg yolks. Add flour-cornmeal mixture alternately with milk, beating until smooth after each addition; beat in mincemeat. Fold in thoroughly the stiffly beaten egg whites. Turn into greased, 8-inch square pan and bake in moderate oven (350° F.) about 1 hour. To use dry mincemeat, break 1 package (9 oz.) into pieces, add ½ cup cold water, place over heat and stir until all lumps are broken up. Boil briskly 3 minutes, or until mixture is practically dry, stirring constantly; cool. Approximate yield: 9 portions. Cut cake in squares, and serve hot or cold for tea or for a light dessert.

ORANGE FRUITCAKE

1½ medium oranges	1½ teaspoons baking soda
2¼ cups sugar	1 teaspoon salt
1 cup nuts	⅔ cup shortening
1½ cups seeded raisins	1 teaspoon vanilla
3 cups sifted flour	3 eggs, well beaten
1 cup sour milk or buttermilk	

Squeeze juice from oranges and add ¾ cup sugar. Cut orange skins in quarters and remove all of white pulp and membrane; put yellow rind, nuts and raisins through food chopper, using the finest knife. Mix and sift flour, soda and salt. Cream shortening until soft and smooth, gradually add remaining 1½ cups sugar, creaming until very fluffy; beat in vanilla and eggs, then fruit-nut mixture. Add flour alternately with sour milk, beating well after each addition. Turn into 2 greased loaf pans and bake in slow oven (300° F.) about 1½ hours. Remove and pour at once orange juice-sugar mixture over cakes. Cool in pans and allow to stand several hours or overnight before cutting. Yield: 2 loaves, 8 x 4 inches.

LIGHT FRUITCAKE

2 cups sifted flour	½ cup shredded citron
1 teaspoon baking soda	½ cup minced, candied orange peel
⅛ teaspoon salt	½ cup chopped, maraschino cherries
1 teaspoon cinnamon	½ cup blanched and chopped almonds
½ teaspoon allspice	½ cup shortening
¼ teaspoon cloves	1 cup sugar
¼ teaspoon mace	½ teaspoon orange extract
1 cup seeded raisins	3 eggs, well beaten
½ cup currants	½ cup molasses
½ cup sour milk	

Mix and sift flour, soda, salt and spices; mix with prepared fruits and nuts. Cream shortening until soft and smooth, gradually add sugar, creaming until fluffy; beat in flavoring and eggs; then molasses. Gradually stir in flour-fruit-nut mixture alternately with milk. Turn into 2 greased loaf pans, lined with waxed paper and again greased. Cover tops tightly with waxed or greased paper and steam 1 hour; then bake in very slow oven (250° F.) about 1 hour, removing paper the last 15 minutes to dry surface. Yield: 2 loaves, 8 x 4 inches.

WHITE FRUITCAKE

561

3 cups sifted flour	6 eggs, well beaten
1 teaspoon baking powder	$\frac{1}{2}$ cup sherry
$\frac{1}{4}$ teaspoon salt	2 cups blanched almonds, halved
$1\frac{1}{2}$ teaspoons cinnamon	$1\frac{1}{2}$ cups coarsely broken pecans
1 teaspoon allspice	$\frac{1}{2}$ cup coarsely broken walnuts
1 teaspoon cloves	1 package Sultana raisins
1 teaspoon nutmeg	$1\frac{1}{2}$ cups diced citron
1 cup butter	$1\frac{1}{2}$ cups diced candied pineapple
2 cups sugar	$\frac{1}{2}$ cup chopped candied orange peel

Mix flour, baking powder, salt, and spices, and sift three times. Cream butter until soft; add sugar gradually, beating until light and fluffy; beat in eggs, then sherry, nuts and fruits. Stir in flour mixture. Turn into greased, paper-lined tube or loaf pans and bake in slow oven (300° F.) until done: in tube pan, about 2 hours; in loaf pan, 1 to $1\frac{1}{2}$ hours. Or bake in greased individual ring molds in slow oven (325° F.) about 25 minutes. Remove paper and cool on cake rack; wrap cold cake in waxed paper and store in covered containers. Approximate yield: 5 pounds fruitcake or 1 large tube cake, 2 (8 x 4 x 3-inch) loaves, or 25 small molds.

RICH FRUITCAKE

4 cups sifted flour	1 pound citron, shredded
2 tablespoons cinnamon	2 cups shortening
$\frac{1}{2}$ teaspoon cloves	2 cups sugar
1 nutmeg, grated	1 tablespoon grated orange rind
1 pound seeded raisins	12 eggs, well beaten
2 pounds currants	$\frac{3}{4}$ cup brandy or sherry
1 pound pitted dates, chopped	$\frac{3}{4}$ cup rosewater

Mix and sift flour and spices; mix with prepared fruits. Cream shortening until soft and smooth, gradually add sugar, creaming until very fluffy; beat in orange rind and eggs. Gradually stir in flour-fruit mixture alternately with combined brandy and rosewater. Turn into greased loaf pans, lined with waxed paper and again greased, filling pans $\frac{3}{4}$ full. Cover tops with waxed or greased paper and steam 1 hour, then bake in very slow oven (250° F.) about 3 hours, removing paper the last $\frac{1}{2}$ hour to dry surface. Approximate yield: 10 pounds fruitcake.

OLD ENGLISH FRUITCAKE

5 cups sifted flour	½ pound each candied cherries,
1 teaspoon baking soda	citron, orange and lemon peel,
½ teaspoon salt	finely sliced
1 teaspoon cinnamon	1 pound seedless raisins
½ teaspoon cloves	1 pound currants, washed and dried
½ teaspoon mace	1 pound almonds, blanched and
1 pound butter, or other shortening	shredded
1 pound sifted brown sugar	½ cup currant jelly
8 eggs, well beaten	¾ cup honey
	⅓ cup molasses

Mix and sift flour, soda, salt and spices. Cream butter thoroughly; add sugar gradually, beating until light and fluffy; beat in eggs, then fruits and nuts. Add jelly, honey and molasses, and beat well; add flour mixture gradually, mixing well after each addition; turn into 2 paper-lined, greased tube pans. Bake in slow oven (250° F.) 3½ hours, or until cake is firm to the touch; a sheet of brown paper placed over the cakes during baking will prevent too rapid browning of the top surface. Cool in pan; remove paper, wrap in waxed paper and store in air-tight can. Approximate yield: 2 (5-pound) fruit cakes, 8 x 4 x 3 inches.

PORK CAKE

¼ pound fat salt pork	½ nutmeg, grated
½ cup boiling water	¼ pound raisins
2 cups sifted flour	½ cup currants
½ teaspoon baking soda	2 ounces citron, shredded
¼ teaspoon salt	2 ounces candied orange peel,
1 teaspoon cinnamon	chopped
¼ teaspoon allspice	1 egg, well beaten
¼ teaspoon cloves	½ cup sugar
	½ cup molasses

Put pork through food chopper, using finest knife; pour boiling water over pork and let stand 15 minutes. Mix and sift flour, soda, salt and spices; mix with fruits. Combine egg, sugar and molasses, and add to pork mixture; gradually stir in flour-fruit mixture and mix thoroughly. Turn into greased, deep loaf pan, lined with waxed paper and again greased. Bake in slow oven (300° F.) for 1½ hours. Yield: 1 loaf, 8 x 4 inches.

FIFTH GENERATION WEDDING CAKE

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1 pound almonds	1 teaspoon cloves
3 pounds currants	½ nutmeg, grated
3 pounds raisins	1 pound shortening
1 pound mixed, sliced peel	1½ cups firmly packed brown sugar
2 cups Cognac brandy	16 eggs
4 cups sifted flour	3 drops wintergreen
2 teaspoons baking soda	1 cup molasses
3 teaspoons cinnamon	1 cup sour cream

Blanch and shred almonds; mix with fruits, peel and brandy, and let stand in a closely covered jar 2 days. Mix and sift flour, soda and spices. Cream shortening until soft and smooth; gradually add sugar, creaming until fluffy; beat in thoroughly one egg at a time, then wintergreen and molasses. Add flour mixture alternately with sour cream, mixing well after each addition; stir in brandied nuts and fruits. Turn into greased loaf pans, lined with waxed paper and again greased, filling them about $\frac{3}{4}$ full. Cover tightly with waxed or greased paper and steam 2 hours; then bake in very slow oven (250° F.) about 2 hours, removing paper the last $\frac{1}{2}$ hour to dry surface. If kept covered with sugar and in an air-tight can, this cake will be good on the 25th wedding anniversary. Approximate yield: 14 pounds fruitcake.

BRIDE'S CAKE

2⅔ cups sifted cake flour	8 eggs, separated
1½ teaspoons baking powder	2 tablespoons milk
¼ teaspoon salt	1 teaspoon vanilla
1¾ cups butter	1 cup chopped citron
2 cups sugar	1 cup chopped raisins
1 cup chopped almonds	

Mix and sift flour, baking powder and salt. Cream butter thoroughly, add sugar gradually, creaming until very fluffy. Add well-beaten egg yolks, beating thoroughly, then beat in milk, vanilla, fruits and nuts. Add flour gradually, beating well after each addition; fold in stiffly beaten egg whites. Turn into greased 10-inch tube pan, lined with heavy paper and again greased; bake in slow oven (275°–300° F.) about 2 hours. Spread with Butter Frosting (page 612) and decorate by forcing part of frosting through a pastry tube to form festoons, borders and rosettes, as desired. Yield: 1 (10-inch) cake.

PINEAPPLE MERINGUE CAKE

½ cup sifted cake flour	½ teaspoon vanilla
¾ teaspoon baking powder	3½ tablespoons milk
dash of salt	blanched almonds, chopped
2 eggs, separated	1 cup (No. 1 can) drained, crushed pineapple
¾ cup sugar	
¼ cup shortening	½ cup heavy cream, whipped

Mix and sift flour, baking powder and salt. Beat egg yolks until thick and lemon-colored; gradually beat in ¼ cup sugar. Cream shortening until soft and smooth, add vanilla and add to egg yolk-sugar mixture; beat in flour, then milk. Spread batter in 2 greased, 8-inch layer pans and chill. Beat egg whites until stiff; gradually beat in remaining ½ cup sugar and spread on top of each layer. Sprinkle thickly with chopped almonds, pressing them into surface of cake. Bake in slow oven (300° F.) about 50 minutes. When cold, put layers together and cover top with mixture of pineapple and whipped cream. If fresh pineapple is used, shred 1 medium-sized pineapple with fork, add ½ cup water and cook slowly 15 minutes, or until pineapple is tender; sweeten to taste. When cold, fold in whipped cream. Yield: 2 (8-inch) layers, or 8 wedges.

APRICOT UPSIDE-DOWN CAKE

1¼ cups sifted cake flour	½ cup milk
2 teaspoons baking powder	½ teaspoon vanilla
¼ teaspoon salt	¼ cup shortening, melted
½ cup granulated sugar	3 tablespoons butter
1 egg, well beaten	¼ cup firmly packed brown sugar
16 halves apricots, fresh or canned	

Mix and sift flour, baking powder, salt and granulated sugar. Combine egg, milk and vanilla; gradually add flour-sugar mixture, stirring until mixed. Stir in shortening and beat vigorously 1 minute, or until creamy. Melt butter in frying pan or square cake pan; add brown sugar and stir until sugar is dissolved; arrange apricot halves in syrup, cut side up, and cover with cake batter. Bake in moderate oven (350° F.) about 50 minutes. Loosen cake from sides and bottom with spatula and turn out on cake plate. Serve with whipped cream, if desired. This cake may be made with 1 cup sifted all-purpose flour. Approximate yield: 8 portions.



FRUIT UPSIDE-DOWN CAKE

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Use recipe for Apricot Upside-Down Cake (page 564); substitute any of the following fruits for apricots: 2 cups sliced peaches or pears, fresh or canned, or 8 halves of fruit; 2 cups sliced, fresh apples; 4 slices canned pineapple and maraschino cherries; 12 halves apricots and 6 cooked prunes, seeded and halved; any fruit with halves of walnuts, pecans or blanched almonds. Approximate yield: 8 wedges. For a richer cake, increase sugar to $\frac{1}{2}$ cup; let pan rest over baked cake 1 minute to allow caramel syrup to drip on cake.

JEWEL CAKE

2 cups cranberries	5 tablespoons butter, melted
1 orange	$\frac{3}{4}$ cup sugar
$\frac{1}{4}$ cup seeded raisins	1 package (14 oz.) gingerbread mix
	heavy cream, whipped

Put cranberries and orange through food chopper, using finest knife; mix with raisins. Pour melted butter into 9-inch square pan and sprinkle evenly with sugar; spread fruit mixture over top and cover with gingerbread mix, prepared according to directions on package. Bake in moderate oven (350° F.) for 40 to 50 minutes. Loosen cake from sides and bottom with spatula and turn out on cake plate. Serve with whipped cream. Yield: 9 (3-inch) squares.

DELICIOUS APPLE CAKE

4 medium-sized apples	1 teaspoon cornstarch
1 teaspoon lemon juice	1 to 3 teaspoons shredded coconut
3 tablespoons sugar	1 recipe Apricot Upside-Down
$\frac{1}{2}$ teaspoon cinnamon or nutmeg	Cake (page 564)
	heavy cream, whipped

Pare and cut tart apples in thin slices and sprinkle with lemon juice; combine sugar, spice, cornstarch and coconut, and sprinkle over apples. Prepare cake batter and turn into greased square pan. Press down well $\frac{1}{4}$ of apples into batter and cover with remaining apple mixture. Bake in moderate oven (350° F.) about 50 minutes. Cut in squares and serve hot with whipped cream. Yield: 9 portions.

APPLE TORTE

1 cup ladyfinger crumbs	3 apples
4 eggs, separated	3 tablespoons lemon juice
¾ cup sugar	¼ cup almonds
heavy cream, whipped	

Roll ladyfinger crumbs. Beat egg yolks until thick and lemon-colored; gradually beat in sugar. Pare and grate apples and add with lemon juice to egg yolk-sugar mixture; stir in crumbs and fold in stiffly beaten egg whites. Turn into 10 x 3-inch spring form and sprinkle with almonds, pressing nuts into mixture with back of spoon. Bake in oven (350° F.) about 20 minutes; remove sides of spring form and serve with whipped cream. Approximate yield: 8 portions.

ZWIEBACK NUT TORTE

½ package zwieback	½ cup sugar
1 teaspoon baking powder	dash of salt
1 cup chopped, walnut meats	heavy cream, whipped, or
4 eggs, separated	marshmallow whip

Crush and roll zwieback; mix with baking powder and nuts. Beat egg yolks until thick and lemon-colored, beat in sugar and salt and stir in crumb-nut mixture; fold in thoroughly the stiffly beaten egg whites. Turn into 2 greased layer pans and bake in moderate oven (375° F.) about 10 minutes. Put layers together with whipped cream or marshmallow whip. Yield: 2 (9-inch) layers.

PINEAPPLE CHEESE CAKE

20 graham crackers	½ pound cottage cheese
½ cup butter	2 cups (No. 1 can) drained, crushed
½ cup sugar	pineapple

Crumble crackers fine and mix with butter and sugar, and spread in buttered loose-bottom cake pan. Bake in hot oven (425° F.) for 15 to 20 minutes. Cool and spread with cottage cheese and then with pineapple; garnish with rosettes of cheese and pieces of pineapple. Yield: 1 (8-inch) cake.

GINGERBREAD

567

2 cups sifted flour	½ cup firmly packed light brown sugar
1 teaspoon baking soda	2 eggs, beaten
¼ teaspoon salt	½ cup molasses
1½ teaspoons ginger	1 cup sour milk or buttermilk
1 teaspoon cinnamon	½ cup shortening, melted

Mix and sift dry ingredients. Combine eggs, molasses, sour milk and shortening; gradually add to flour-sugar mixture, beating thoroughly. Turn into greased (9-inch) square pan and bake in moderate oven (350° F.) for 40 to 50 minutes. Yield: 9 (3-inch) squares.

RAISIN GINGERBREAD

2 cups sifted flour	½ cup sugar
½ teaspoon baking powder	½ cup chopped raisins
½ teaspoon baking soda	1½ teaspoons vinegar
¼ teaspoon salt	½ cup evaporated milk
½ teaspoon ginger	¾ cup molasses
½ teaspoon cinnamon	2 eggs
¼ teaspoon cloves	½ cup soft shortening

Mix and sift dry ingredients; stir in raisins. Add vinegar to evaporated milk; when soured, add molasses and stir into dry ingredients. Beat in thoroughly one egg at a time, then the softened shortening; turn into greased square pan and bake in moderate oven (350° F.) for 40 to 50 minutes. Yield: 1 (9-inch) square cake.

GINGER TEA CAKES

2 cups gingersnap crumbs	2 tablespoons sugar
¼ teaspoon baking soda	¾ cup sour cream, heated
¼ teaspoon salt	1 egg, beaten
1 package (3 oz.) cream cheese	

Roll gingersnaps fine and reserve 2 tablespoons of crumbs. To remaining crumbs, add soda, salt and sugar, and mix thoroughly; pour hot sour cream over mixture and stir in egg. Turn into greased muffin pans and bake in moderate oven (375° F.) for 20 to 25 minutes. Spread with cream cheese and sprinkle remaining gingersnap crumbs over cakes. Approximate yield: 1 dozen medium-sized cakes.

QUICK GINGERBREAD

1 cup sifted flour	¼ teaspoon nutmeg
½ teaspoon baking soda	1 egg, slightly beaten
¼ teaspoon salt	5 tablespoons dark brown sugar
2 teaspoons cinnamon	¼ cup dark molasses
1 teaspoon ginger	½ cup sour milk or buttermilk
¼ cup shortening, melted	

Mix and sift flour, soda, salt and spices. Combine egg, sugar, molasses, sour milk and shortening; gradually add flour mixture, stirring until mixed, then beat vigorously about 1 minute, or until smooth. Turn into greased shallow pan and bake in moderate oven (350° F.) about 30 minutes. Yield: 1 small (8-inch) square cake.

TROPICAL GINGERBREAD

Use recipe for Quick Gingerbread (see above); reduce cinnamon and ginger to ¾ teaspoon each, and nutmeg to ⅛ teaspoon; add ⅛ teaspoon each cloves and allspice. Fold ⅔ cup shredded coconut into cake batter. Yield: 1 (8-inch) square cake.

GINGERBREAD UPSIDE-DOWN CAKE

1 recipe Quick Gingerbread (see above)	½ cup firmly packed dark brown sugar
¼ cup butter	7 halves cooked pears

Prepare batter for Quick Gingerbread. Melt butter in frying pan, or square or round pan, add brown sugar and stir until sugar is dissolved; arrange pear halves, hollow side down, in syrup. Cover with cake batter and bake in moderate oven (350° F.) about 40 minutes. Loosen cake from sides and turn out immediately on service plate; allow pan to rest over cake a few seconds so that syrup will drain on cake. Serve warm. Approximate yield: 7 portions.

CHEESE TOPPED GINGERBREAD

Use recipe for Quick Gingerbread (see above). When baked, cover top with cream cheese whip, made by stirring milk into 1 package (3 oz.) cream cheese until of desired consistency; then whip until light and creamy. Serve at once. Approximate yield: 8 portions.



GINGERBREAD MASQUERADES IN VARIOUS FORMS

Good plain gingerbread is always a favorite. It appears with new interest when it is topped with a thick sprinkling of toasted coconut, or baked in cup-cake forms with cream cheese "frosting," or turned over sweet pears, upside-down fashion (recipes, pages 567 and 568).

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GINGERBREAD DESSERT

- | | |
|------------------------------------------|--------------------------------------------|
| 1 recipe Quick Gingerbread
(page 568) | $\frac{1}{8}$ teaspoon salt |
| 1 package (3 oz.) cream cheese | 1 cup drained, crushed, canned
apricots |
| | $\frac{1}{2}$ cup heavy cream, whipped |

Prepare gingerbread. Mash cheese with fork, adding salt; stir in apricots and fold in cream; spread over warm gingerbread, or cut gingerbread in half, spreading cheese mixture between halves and on top. Approximate yield: 6 to 8 portions.

MINT CAKES

- | | |
|-------------------------------------------------|--------------------------------|
| 2 large chocolate-covered peppermint
patties | 1 teaspoon salt |
| 1 cup milk | 1 tablespoon cocoa |
| $1\frac{3}{4}$ cups sifted cake flour | $\frac{1}{3}$ cup shortening |
| 3 teaspoons baking powder | $\frac{3}{4}$ cup sugar |
| | $\frac{1}{2}$ teaspoon vanilla |
| | 3 eggs, separated |

Melt patties over hot water; remove pan from water, stir in milk and cool. Mix and sift flour, baking powder, salt and cocoa. Cream shortening until soft and smooth, gradually add sugar, creaming until fluffy; beat in vanilla and egg yolks. Add flour mixture alternately with cold, mint-flavored milk, beating until smooth after each addition; fold in thoroughly the stiffly beaten egg whites. Fill greased muffin pans $\frac{2}{3}$ full and bake in moderate oven (375° F.) about 20 minutes. Spread with Mint Frosting (page 614). Approximate yield: 20 cup cakes.

HONEY TEA CAKES

- | | |
|------------------------------------|--------------------------|
| 2 cups sifted cake flour | 2 eggs |
| 1 teaspoon baking powder | 1 cup strained honey |
| $\frac{1}{2}$ teaspoon baking soda | 1 teaspoon lemon extract |
| $\frac{1}{2}$ teaspoon salt | 1 cup sour heavy cream |

Mix and sift dry ingredients. Beat eggs until frothy and gradually beat in honey; add flavoring. Add flour mixture alternately with sour cream, beating until smooth after each addition. Turn into greased, small muffin pans and bake in moderate oven (350° F.) about 20 minutes. Spread with Lemon Icing (page 615), if desired. These cakes have a decided honey flavor. Approximate yield: 20 small cup cakes.

A TRUE sponge cake contains no shortening and is leavened by air and liquid. A modified or false sponge cake may have a small amount of shortening or baking powder added.

Characteristics. A sponge cake is light and feathery with a golden brown and somewhat pebbly crust; the crumb is moist, not gummy or sugary, springy but not elastic to the touch, tender and of delicate flavor.

Ingredients. Cake flour or soft wheat flours and fine granulated sugars are best for delicate and tender sponge cakes. Good quality eggs are essential both for good volume and for flavor. They should be beaten only until stiff and glossy. If the egg whites are thick, 2 tablespoons of water added to each cup of unbeaten whites will increase the volume and the tenderness. If the eggs are thin and watery, do not add water. Cream of tartar or lemon juice increases the volume and tenderness of the cake and increases the whiteness of angel food cake.

Mixing. Different methods of mixing by hand are included in the following recipes. Sponge cakes can be made successfully by a combination of hand and machine mixing, or by machine alone. Beat the eggs at high speed until of the right consistency, then fold in the sugar and flour by hand. Or, the sugar can be added slowly, at medium speed, and the flour folded in by hand; or the flour can be added at low speed. The entire mixing process should take from 7 to 8 minutes by machine.

Baking. All sponge and angel cakes should be baked in ungreased pans to permit the batter to cling to the sides of the pan. Bake in a slow oven. Too slow an oven results in a coarse, uneven cake; too hot an oven produces a cake of small volume, close-grained and tough. If started in a cold oven that has a heat-control unit, set the control at 325° F. and add about 15 minutes to the time allowed in the pre-heated method (Table III, page 27).

CAKES [WITHOUT SHORTENING]

572

ANGEL FOOD CAKE

1 cup sifted cake flour	1 teaspoon cream of tartar
1 cup egg whites (8 to 9)	1¼ cups sifted sugar
¼ teaspoon salt	¾ teaspoon vanilla
¼ teaspoon almond extract	

Sift flour 3 or 4 times. Beat egg whites until frothy; sprinkle salt and cream of tartar over top and continue beating until whites are just stiff enough to form peaks, but not dry. Gradually fold in sugar, sifting about 2 tablespoons at a time over surface, then fold in flavoring; gradually fold in flour, sifting about ¼ cup at a time over surface. Turn into ungreased tube pan and bake in moderately slow oven (325° F.) about 1 hour. Invert pan until cake is cold, or about 1 hour. If egg whites are thick and not watery, 2 tablespoons water may be sprinkled over slightly beaten egg whites when adding salt and cream of tartar; this usually makes a more tender cake. Approximate yield: 1 large cake.

CHOCOLATE ANGEL FOOD CAKE

Use recipe for Angel Food Cake (see above); substitute 2 tablespoons cocoa for 2 tablespoons flour, mix with flour and sift 3 or 4 times; flavor with 1 teaspoon vanilla and omit almond extract. Yield: 1 large cake.

MARBLE ANGEL FOOD CAKE

Use recipe for Chocolate Angel Food Cake (see above); add cocoa to 6 tablespoons flour and sift 3 or 4 times. Divide egg white-sugar mixture into 2 equal parts; to one part, fold in cocoa-flour mixture, and to other, fold in remaining flour. Put by spoonfuls into greased tube pan, alternating dark and light batters. Yield: 1 large cake.

SPONGE CAKE

1 cup sifted cake flour	1½ tablespoons lemon juice
5 eggs, separated	¼ teaspoon salt
1 teaspoon grated lemon rind	1 cup sugar

Sift flour 3 or 4 times. Beat egg yolks until thick and lemon-colored, add lemon rind and juice, and continue beating until very thick. Beat egg whites until frothy, sprinkle salt over top and continue beating until stiff enough to form peaks, but not dry; gradually beat in sugar, adding about 2 tablespoons at a time. Fold in well-beaten egg yolks, then gradually fold in flour, sifting about ¼ cup at a time over surface. Turn into ungreased tube pan and bake in moderately slow oven (325° F.) about 1 hour. Invert pan until cake is cold, or about 1 hour. Approximate yield: 1 large cake.

BLACK WALNUT SPONGE CAKE

573

Use recipe for Sponge Cake (page 572); fold gently $\frac{1}{2}$ cup finely chopped black walnut meats into batter. Yield: 1 large cake.

DAFFODIL CAKE

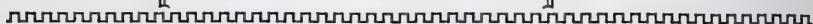
1 cup sifted cake flour	1 teaspoon cream of tartar
$1\frac{1}{2}$ cups sugar	$\frac{1}{2}$ teaspoon vanilla
$1\frac{1}{4}$ cups egg whites (10 to 12)	4 egg yolks, well beaten
$\frac{1}{2}$ teaspoon salt	$\frac{1}{2}$ teaspoon grated orange rind

Mix flour and $\frac{1}{2}$ cup sugar, and sift three times. Beat egg whites until frothy, sprinkle with salt and cream of tartar, and continue beating until stiff enough to form peaks, but not dry. Gradually beat in remaining 1 cup sugar and carefully fold in flour-sugar mixture, sifting about $\frac{1}{4}$ cup at a time over surface. Divide batter into 2 equal parts: add vanilla to one part, and fold well-beaten egg yolks and orange rind into other. Put by spoonfuls into ungreased large tube pan, alternating white and yellow batters. Bake in moderately slow oven (325° F.) about 1 hour and 15 minutes. Invert pan until cake is cold or about 1 hour before removing. Yield: 1 large cake.

DELICATE SPONGE CAKE

1 cup sifted cake flour	$\frac{1}{2}$ teaspoon salt
1 cup sugar	$\frac{1}{2}$ teaspoon cream of tartar
$\frac{3}{4}$ cup egg whites (6 to 7)	4 egg yolks, well beaten
1 teaspoon vanilla	

Mix flour and $\frac{1}{2}$ cup sugar, and sift three times. Beat egg whites until frothy, sprinkle with salt and cream of tartar, and continue beating until stiff enough to form peaks, but not dry. Gradually beat in remaining $\frac{1}{2}$ cup sugar; carefully fold in egg yolks and vanilla, then flour-sugar mixture, sifting about $\frac{1}{4}$ cup at a time over surface. Turn into ungreased tube pan and bake in moderately slow oven (325° F.) about 1 hour. Invert pan until cake is cold, or about 1 hour, before removing cake. Yield: 1 large cake.



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HOT WATER SPONGE CAKE

1 cup sifted cake flour	2 eggs, separated
1½ teaspoons baking powder	1 cup sugar
dash of salt	6 tablespoons hot water
1 teaspoon vanilla	

Mix and sift flour, baking powder and salt. Beat egg yolks until thick and lemon-colored; gradually beat in sugar, then hot water, vanilla and finally flour; fold in quickly and thoroughly the stiffly beaten egg whites. Turn into very lightly greased square pan, layer pans or muffin pans and bake in moderate oven (350° F.): in square pan about 35 minutes; in layer or small muffin pans for 20 to 25 minutes. Yield: 1 (8-inch) square, 2 (8-inch) layers, or 2 dozen cup cakes.

PECAN UPSIDE-DOWN CAKE

1 recipe Hot Water Sponge Cake	1 tablespoon water
(see above)	1 cup pecans, part chopped, part whole
¼ cup butter	
¼ cup firmly packed brown sugar	heavy cream, whipped

Prepare batter for Hot Water Sponge Cake; melt butter in frying pan, square or round pan, 2 inches deep; add brown sugar and water, and stir until thoroughly mixed. Remove from heat, sprinkle chopped nuts over top, arrange whole pecans, flat side up, in syrup and cover with cake batter; bake in moderately slow oven (325° F.) about 50 minutes. Loosen cake from sides and turn out immediately on cake plate; allow pan to rest over cake a few seconds so that all of caramel syrup will drain on cake. Serve warm with whipped cream. Approximate yield: 8 portions.

GOLDEN SPONGE CAKE

2 cups sifted flour	1½ cups sugar
3 teaspoons baking powder	1 teaspoon grated orange rind
¾ teaspoon salt	2 tablespoons lemon juice
9 egg yolks	¾ cup boiling water

Mix and sift flour, baking powder and salt. Beat egg yolks until thick and light colored; gradually add sugar, beating until very thick and light colored; then beat in orange rind, lemon juice and boiling water. Fold in flour and turn into ungreased tube pan. Bake in moderate oven (350° F.) 50 to 60 minutes; invert pan 1 hour, or until cold, before removing cake. Yield: 1 large cake.

JELLY ROLL

$\frac{2}{3}$ cup sifted cake flour	$\frac{3}{4}$ cup sugar
1 teaspoon baking powder	1 tablespoon cold water
$\frac{1}{4}$ teaspoon salt	$\frac{1}{2}$ teaspoon grated lemon rind
3 eggs, separated	1 tablespoon lemon juice
1 cup jelly or jam	

Mix and sift flour, baking powder and salt. Beat egg yolks until thick and lemon-colored; gradually beat in sugar, then water, lemon rind and juice. Fold in $\frac{1}{2}$ of stiffly beaten egg whites; gradually fold in flour, sifting about 3 tablespoons at a time over surface; fold in remaining egg whites. Turn into greased 9 x 13 $\frac{1}{2}$ x 1-inch pan, lined with heavy paper and again greased; bake in moderate oven (350° F.) about 20 minutes. Quickly turn from pan on towel sprinkled with powdered sugar, cut off crisp edges and remove paper; spread with any tart jelly or jam, beaten enough to spread. Roll lengthwise, wrap in towel and cool on rack. Yield: 1 roll.

ORANGE CREAM ROLL

Use recipe for Jelly Roll (see above); spread with Orange Filling (page 624), roll, wrap and cool as directed. Yield: 1 roll.

CHOCOLATE SPONGE ROLL

3 tablespoons sifted cake flour	$\frac{3}{4}$ cup confectioners' sugar
$\frac{1}{3}$ cup cocoa	$\frac{1}{2}$ teaspoon vanilla
$\frac{1}{2}$ teaspoon baking powder	1 cup heavy cream, whipped and
$\frac{1}{4}$ teaspoon salt	sweetened
3 eggs, separated	frosting as desired

Mix and sift flour, cocoa, baking powder and salt. Beat egg yolks until thick and lemon-colored; gradually beat in sugar, add vanilla. Gradually fold in flour mixture, sifting a small amount at a time over surface, then fold in thoroughly the stiffly beaten egg whites. Turn into greased 9 x 13 $\frac{1}{2}$ x 1-inch pan, lined with heavy paper and again greased, and bake in moderate oven (350° F.) about 13 minutes; quickly turn from pan on paper or cloth and remove paper. When cold, spread with sweetened, whipped cream, roll lengthwise and wrap in paper. Before serving, spread top and sides with Orange Cocoa Frosting (page 612), if desired. Yield: 1 roll.

Cookies, Small Cakes and Doughnuts

Most cookies are not hard to make. Rolled or sliced cooky doughs should be chilled first to obviate adding extra flour, for the less flour used, the more tender the cooky. Nor is it necessary to grease the pans, except for fruited and molasses cookies which have a tendency to stick and burn. Drop cookies spread surprisingly on baking, hence should be placed at least two inches apart on the pan. With a variety of fancy cutters and a cooky press, a plain cooky mixture can assume many different shapes and forms.

Decorative materials include dried fruits, citron and nuts; colored candies and sugars which lend a glistening effect if sprinkled on the cookies before baking; shaved chocolate, shredded coconut, tiny sprinklettes, rubyettes and crystallized flowers which can be sprinkled on the warm, moist cooky as soon as it is removed from the oven; and fruit pastes, softened marshmallows and frosting which can be used to put cookies together, sandwich-fashion, or for decorating after the cookies have cooled.

SPECIAL OCCASION COOKIES

HATCHET-SHAPED cookies and red cherries to adorn simple cooky mixtures suggest Washington's Birthday. St. Patrick's Day can be recognized with green tinted icing, angelica, or pistachio nuts

on little cakes. Valentine's Day means hearts are trumps in cooky 577 shapes and decorative effects; Easter brings forth a fine crop of bunnies, eggs, doves and lily-shaped cookies, with yellow and lavender tinted frosting and candies in the decorations. Hallowe'en conjures up mysterious witches, Jack o'Lanterns and black cats from dark chocolate or molasses cooky mixtures; and Christmas has its roly-poly Santas, wreaths, stars and trees glistening with silver shot and red candy "berries."

SUGAR COOKIES

2 cups sifted flour (about)	1 cup sugar
1½ teaspoons baking powder	1 egg
½ teaspoon salt	1 teaspoon vanilla
½ cup shortening	1 tablespoon cream or milk

Mix and sift 1½ cups flour, baking powder and salt. Cream shortening until soft; beat in sugar, egg, vanilla and cream. Stir in flour mixture, then gradually add the remaining flour until dough is just stiff enough to roll; chill thoroughly. Place on lightly floured board and roll ⅛ inch thick; cut with floured cutter as desired and place on ungreased baking sheet. Sprinkle with sugar and bake in moderately hot oven (375°-400° F.) for 8 to 10 minutes. Approximate yield: 4 to 5 dozen cookies. Store in closely covered cooky jar.

MODIFICATIONS OF SUGAR COOKIES

(Use recipe above)

Sour Cream Cookies—Reduce baking powder to ½ teaspoon; add ¼ teaspoon baking soda and ¼ teaspoon nutmeg, and sift with flour; substitute ½ teaspoon lemon extract for vanilla; use ⅓ cup sour cream instead of 1 tablespoon cream.

Butterscotch Cookies—Substitute 1 cup firmly packed brown sugar for granulated sugar.

Spice Sugar Cookies—Mix and sift ¼ teaspoon each cinnamon, allspice and cloves with flour, and omit vanilla.

Chocolate Crisps—Mix and sift ½ teaspoon cinnamon with flour; add 2 squares chocolate, melted, to shortening-sugar-egg mixture.

COOKIES [ROLLED COOKIES]

- 578 **Molasses Date Cookies**—Mix and sift 1 teaspoon cinnamon, $\frac{1}{2}$ teaspoon ginger and $\frac{1}{4}$ teaspoon each allspice and cloves with flour, and stir in $\frac{1}{2}$ cup chopped dates; substitute $\frac{1}{2}$ cup molasses for $\frac{1}{4}$ cup of the sugar and 1 tablespoon vinegar for cream. Press nutmeat half into center of each shape before baking, if desired.

Gingersnaps—Reduce baking powder to $\frac{1}{2}$ teaspoon; add $\frac{1}{4}$ teaspoon baking soda and 1 teaspoon ginger, and sift with flour; reduce sugar to $\frac{1}{2}$ cup, and beat $\frac{1}{2}$ cup molasses into shortening-sugar mixture; omit vanilla and substitute 2 tablespoons water for cream.

MARYLAND SAND TARTS

Use recipe for Sugar Cookies (page 577); roll dough thin and cut in desired shapes. Brush with 1 egg white, slightly beaten with 1 teaspoon water; sprinkle with mixture of $\frac{1}{4}$ cup sugar and 1 teaspoon cinnamon. Garnish with pieces of candied cherries and pineapple, and blanched almonds.

NUT AND FRUIT COOKIES

(Use recipe for Sugar Cookies, page 577)

Peanut Butter Cookies—Reduce shortening to 2 tablespoons and cream with $\frac{1}{2}$ cup peanut butter; substitute $\frac{1}{3}$ cup milk for cream. Sprinkle shapes with $\frac{1}{2}$ cup chopped peanuts.

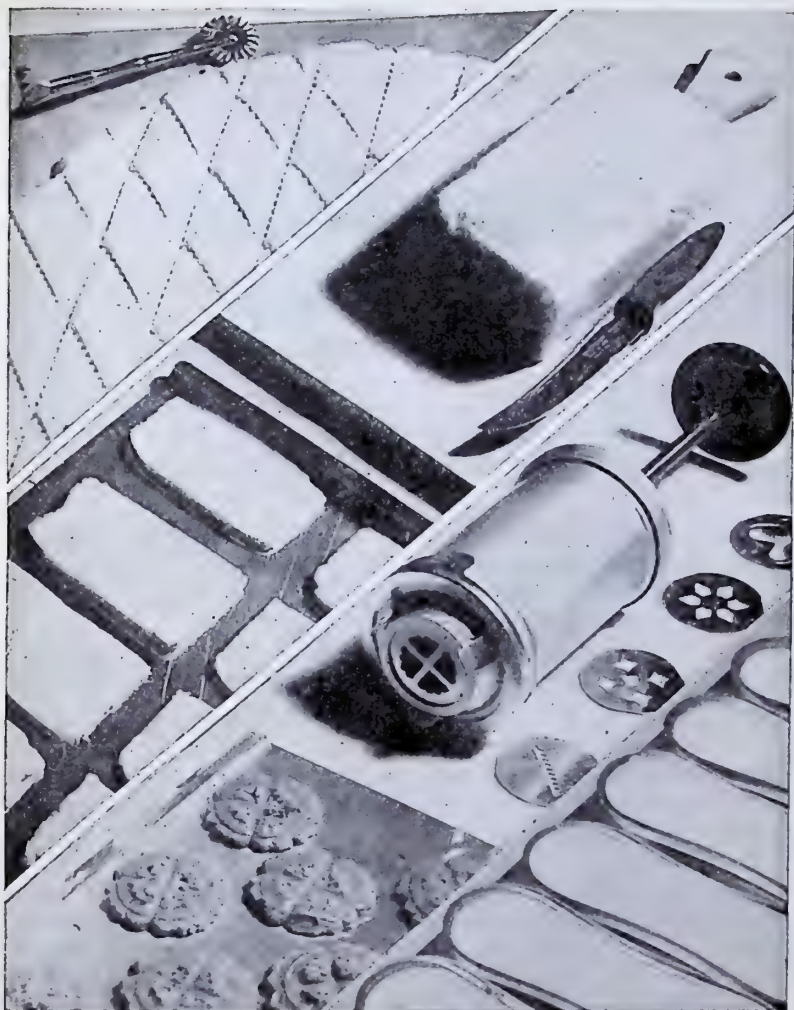
Coconut Cookies—Add $\frac{1}{2}$ cup shredded coconut to flour mixture, or sprinkle coconut over shapes.

Nut Cookies—Add $\frac{1}{2}$ cup chopped nutmeats to flour mixture, or sprinkle nuts over shapes. Use English or black walnuts, pecans, almonds, hickory or Brazil nuts, peanuts, or cashews.

Fruit Cookies—Add $\frac{1}{2}$ cup chopped fruit to flour mixture. Use raisins, currants, dates, figs, dried prunes, or apricots. Garnish shapes with additional pieces of fruit, if desired.

Candied Fruit Cookies—Add $\frac{1}{4}$ cup chopped candied orange, lemon or grapefruit rind, ginger, citron, cherries, or pineapple to flour mixture. Garnish shapes with pieces of candied fruit, if desired.

Maraschino Cookies—Reduce sugar to $\frac{3}{4}$ cup, sift dash of nutmeg with flour, and substitute $1\frac{1}{2}$ tablespoons maraschino syrup for cream. Add $\frac{2}{3}$ cup chopped cherries and $\frac{1}{4}$ cup chopped citron to butter-sugar mixture. Garnish shapes with additional fruit, if desired.



CUTTING AND SHAPING COOKIES

Top Left: A pastry jagger marks a crinkly edge on rolled cooky dough.

Second Row: Cooky dough, shaped and chilled, slices clean and thin to make crisp, refrigerator cookies (page 583).

Third Row: An aluminum cooky press with fancy attachments shapes cookies as quickly as the plunger is pressed (page 584).

Bottom Right: Ladyfingers cut a fine figure when baked in aluminum ladyfinger pans (page 595).

COOKIES [ROLLED COOKIES]

- 580 **Lemon Marshmallow Cookies**—Reduce baking powder to $\frac{1}{2}$ teaspoon, and sift $\frac{1}{4}$ teaspoon soda and dash of nutmeg with flour; then stir in $\frac{1}{4}$ cup each chopped dates and chopped nuts. Substitute 1 teaspoon grated lemon rind for vanilla and $\frac{1}{4}$ cup lemon juice for cream. Cut in rounds. When baked, place marshmallow in center of each and return to oven to brown. It will take 1 pound marshmallows.

FILLED SUGAR COOKIES

For cooky doughs, use recipes given under Modifications of Sugar Cookies (page 577). Place filling in center of $\frac{1}{2}$ of cut-out rounds, using 1 teaspoon for each; cover with remaining rounds and press edges together. Bake in moderately hot oven (375° F.) for 10 to 15 minutes. Approximate yield: 2 dozen ($2\frac{1}{2}$ -inch) filled cookies.

Apricot Surprises—Prepare dough for Sour Cream Cookies; roll thin and cut with $3\frac{1}{2}$ -inch round cutter. Place Apricot Filling in center of rounds, fold edges up and over to center to form tricorns and press together with pecan halves or candied fruit.

For *Apricot Filling*, mix together 2 cups apricot purée and $\frac{1}{2}$ cup grape-nuts.

Caramel Cookies—Prepare dough for Sugar Cookies, roll thin and cut in desired shapes; put Caramel Filling between two. Decorate with sprinklettes, if desired.

For *Caramel Filling*, heat $\frac{1}{4}$ cup butter, $\frac{1}{4}$ cup firmly packed brown sugar and 3 tablespoons cream in double boiler, stirring until blended; add $\frac{1}{2}$ teaspoon vanilla and cool.

Butterscotch Fruit Squares—Prepare dough for Butterscotch Cookies, roll thin and cut in 3-inch squares. Place filling on half of each square, fold over and crimp edges together. Decorate with slices of candied cherries and angelica, if desired.

For *Fruit Filling*, mix together $\frac{2}{3}$ cup drained, chopped canned figs, $1\frac{1}{3}$ cups drained, chopped canned pears, $\frac{1}{2}$ medium-sized orange, free from membrane and chopped, and $\frac{1}{3}$ cup sugar; drain off any additional juice before using.

Chocolate Fruit Squares—Prepare dough for Chocolate Crisps, roll thin and cut in 2-inch squares; put Pineapple-Banana Filling between 2 squares and press edges together. 581

For *Pineapple-Banana Filling*, mix together $\frac{3}{4}$ cup grated pineapple, $\frac{1}{2}$ cup sugar and 2 teaspoons cornstarch, and cook until thick; cool and add 2 ripe bananas, mashed, and $1\frac{1}{2}$ tablespoons lemon juice.

Cocoa-filled Cookies—Prepare dough for Butterscotch Cookies, roll thin and cut with $2\frac{1}{2}$ -inch round cutter; put Cocoa Filling between 2 rounds and press edges together.

For *Cocoa Filling*, melt $\frac{1}{4}$ cup butter, add 1 tablespoon milk and combine mixture of 1 cup powdered sugar, 3 tablespoons cocoa and $\frac{1}{8}$ teaspoon salt, stirring until well mixed. Add 1 teaspoon vanilla and $\frac{1}{4}$ cup chopped nuts. Cool.

Maraschino-filled Cookies—Prepare dough for Maraschino Cookies, roll thin and cut in desired shapes; put Raisin Filling between 2 shapes and press edges together.

For *Raisin Filling*, mix together $\frac{2}{3}$ cup chopped raisins, $\frac{1}{3}$ cup sugar, $1\frac{1}{2}$ tablespoons flour, $\frac{1}{4}$ cup orange juice and $1\frac{1}{2}$ tablespoons lemon juice; boil until mixture thickens, then cool.

MOLASSES COOKIES

3 cups sifted flour (about)	$\frac{1}{2}$ teaspoon cloves
2 teaspoons baking powder	$\frac{1}{2}$ cup shortening
$\frac{1}{2}$ teaspoon baking soda	$\frac{1}{4}$ cup firmly packed brown sugar
$\frac{1}{2}$ teaspoon salt	$\frac{1}{2}$ cup molasses
1 teaspoon cinnamon	1 egg
$\frac{1}{2}$ teaspoon nutmeg	$\frac{1}{4}$ cup sour milk or buttermilk

Mix and sift $2\frac{1}{2}$ cups flour, baking powder, soda, salt and spices. Cream shortening; gradually beat in sugar and molasses, then egg. Stir in flour mixture alternately with sour milk; then gradually add the remaining flour until dough is just stiff enough to roll. Chill thoroughly; place on lightly floured board, roll $\frac{1}{8}$ inch thick and cut in desired shapes. Place on greased baking sheet and bake in moderately hot oven (375° F.) about 12 minutes. Approximate yield: 100 small cookies. Store in closely covered cookie jar.

CHEESE JELLY COOKIES

2 cups sifted flour	$\frac{1}{2}$ teaspoon salt
2 cups grated American cheese	$\frac{1}{2}$ cup shortening
	$\frac{1}{4}$ cup milk

Mix flour, cheese and salt; cut in shortening, using a pastry blender; stir in milk; chill. Roll thin on lightly floured board and cut in desired shapes. Spread $\frac{1}{2}$ of shapes with Jelly-Nut Filling; cover with remaining ones, pressing edges together, and place on ungreased baking sheet. Bake in moderately hot oven (400° F.) about 10 minutes. Approximate yield: $2\frac{1}{2}$ dozen cookies.

For *Jelly-Nut Filling*, beat $\frac{3}{4}$ cup of any tart jelly with fork until slightly broken up; add $1\frac{1}{2}$ cups chopped pecans, $\frac{1}{2}$ teaspoon salt, 2 tablespoons brown sugar and $\frac{1}{4}$ cup cinnamon, and mix well.

BUTTERSCOTCH SLICES

3 cups sifted flour	1 cup shortening
3 teaspoons baking powder	$1\frac{1}{4}$ cups firmly packed brown sugar
$\frac{1}{2}$ teaspoon salt	$\frac{1}{2}$ teaspoon vanilla
	2 eggs

Mix and sift flour, baking powder and salt. Cream shortening until soft; gradually beat in brown sugar, then vanilla and one egg at a time; stir in flour. Shape in rolls about 2 inches in diameter and wrap each in waxed paper; chill thoroughly in refrigerator. Cut chilled roll in $\frac{1}{8}$ -inch slices, place on ungreased baking sheet and bake in moderately hot oven (400° F.) about 8 minutes. Approximate yield: 8 to 9 dozen cookies.

MODIFICATIONS OF BUTTERSCOTCH SLICES

Butterscotch Creoles—Add 2 cups finely chopped dates and 1 cup finely chopped nuts to sifted dry ingredients.

Filbert Slices—Sprinkle chopped filberts over thin slices before baking.

Whole Wheat Slices—Substitute $4\frac{1}{2}$ cups whole wheat flour for all-purpose flour; reduce baking powder to 2 teaspoons and add $\frac{1}{2}$ teaspoon baking soda and 1 tablespoon ginger. Substitute $\frac{1}{2}$ cup molasses for $\frac{1}{4}$ cup firmly packed brown sugar and omit vanilla. Bake thin slices in moderate oven (350° F.) about 8 minutes. Approximate yield: 10 dozen cookies.

Butterscotch Nut Slices—Add $1\frac{1}{2}$ cups finely chopped nuts to sifted dry ingredients. 583

Chocolate Nut Slices—Add $1\frac{1}{2}$ cups finely chopped nuts to sifted dry ingredients and 3 squares chocolate, melted, to shortening-egg mixture.

Coconut Orange Slices—Add 3 cups shredded coconut to sifted dry ingredients. Reduce brown sugar to $\frac{1}{4}$ cup, firmly packed, and use 1 cup granulated sugar. Omit vanilla and flavor with $1\frac{1}{2}$ tablespoons grated orange rind and $\frac{3}{4}$ teaspoon lemon extract.

Golden Refrigerator Cookies—Reduce baking powder to 2 teaspoons and add $\frac{1}{2}$ teaspoon baking soda; reduce brown sugar to $\frac{1}{2}$ cup, firmly packed, and eggs to 1; stir in cooled mincemeat mixture made by boiling briskly 1 package (9 oz.) mincemeat and $\frac{1}{2}$ cup water about 3 minutes, or until mixture is practically dry. Shape in rolls 3 inches in diameter. Chill, slice and bake as directed. Approximate yield: 3 dozen cookies.

Filled Refrigerator Cookies—Prepare dough for Butterscotch Slices, and shape in rolls, $2\frac{1}{2}$ inches in diameter. Cut chilled rolls in thin slices and put Date-Nut Filling between two, pressing edges together. Bake in moderately hot oven (375° F.) for 10 to 15 minutes. Approximate yield: 3 dozen cookies.

For *Date-Nut Filling*, boil $1\frac{1}{2}$ cups finely chopped dates, $\frac{1}{2}$ cup sugar and $\frac{1}{2}$ cup water about 5 minutes, or until thick, stirring constantly. Add 1 tablespoon each butter and lemon juice, and $\frac{1}{2}$ cup finely chopped nuts; cool.

SOUR CREAM REFRIGERATOR COOKIES

3 cups sifted flour	1 cup granulated sugar
1 teaspoon baking powder	$\frac{1}{4}$ cup firmly packed brown sugar
$\frac{1}{4}$ teaspoon baking soda	2 eggs, well beaten
1 teaspoon salt	1 teaspoon vanilla
1 cup shortening	$\frac{1}{2}$ cup sour cream

Mix and sift flour, baking powder, soda and salt. Cream shortening; gradually add the sugars, creaming well. Add eggs and flavoring; then flour alternately with sour cream; chill. Shape in rolls about 2 inches in diameter and wrap each in waxed paper. Chill thoroughly in refrigerator. Cut chilled dough in $\frac{1}{8}$ -inch slices, place on ungreased baking sheet and bake in moderately hot oven (400° F.) about 8 minutes. Approximate yield: 9 dozen cookies.

THREE-IN-ONE SLICED COOKIES

Prepare dough for Sour Cream Refrigerator Cookies (page 583); divide in thirds and leave one part plain and choose two of the following variations for the remaining parts, or use all variations. Shape each, chill, slice and bake as directed.

Chocolate Refrigerator Cookies—To $\frac{1}{3}$ cooky dough, add 1 square chocolate, melted.

Spice Refrigerator Cookies—To $\frac{1}{3}$ cooky dough, add $\frac{1}{2}$ teaspoon cinnamon, $\frac{1}{8}$ teaspoon each allspice, ground cloves and nutmeg, $\frac{1}{4}$ teaspoon ginger and $\frac{1}{2}$ cup finely chopped raisins.

Coconut Refrigerator Cookies—To $\frac{1}{3}$ cooky dough, add $\frac{1}{2}$ cup shredded coconut.

QUICK-MIX BUTTERSCOTCH SLICES

$\frac{1}{2}$ cup bran	$\frac{1}{2}$ cup shortening
$1\frac{3}{4}$ cups prepared biscuit mix	$\frac{1}{2}$ cup firmly packed brown sugar
	1 egg

Mix together bran and biscuit mix. Cream shortening until soft; beat in brown sugar, then egg. Stir in bran-biscuit mix. Shape in 2-inch roll and wrap in waxed paper. Chill thoroughly. Cut in $\frac{1}{8}$ -inch slices, place on ungreased baking sheet and bake in moderately hot oven (400° F.) 10 minutes. Yield: 2 dozen cookies.

SPRITZ COOKIES

$2\frac{1}{2}$ cups sifted cake flour	1 teaspoon almond extract
$\frac{1}{2}$ teaspoon salt	2 egg yolks, beaten
1 cup shortening	1 egg white
1 cup powdered sugar	1 teaspoon water
	coarse sugar crystals

Mix flour and salt. Cream shortening until soft; beat in powdered sugar; add almond extract and egg yolks. Gradually stir in flour mixture; chill. Pack dough in cooky press, using various forms of discs or nozzles to make shapes such as letter S, wreaths, bows, knots, crescents, ribbons, etc., pressing shapes on ungreased baking sheet; brush with egg white and water, beaten together until frothy, and sprinkle with coarse sugar crystals, colored or plain; or with chopped nuts or sprinklettes. Bake in hot oven (400° F.) about 8 minutes, or until delicately browned. Approximate yield: 5 dozen cookies.



PINWHEEL COOKIES

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Use recipe for Spritz Cookies (page 584); divide dough in half; add 2 squares chocolate, melted, to one part, and chill both parts. Roll each half in rectangular sheets $\frac{1}{8}$ inch thick, trimming edges if necessary. Moisten plain sheet with milk, then place chocolate sheet on top; moisten with milk and roll lengthwise, as for jelly roll. Wrap each roll in waxed paper and chill thoroughly. Cut in $\frac{1}{8}$ -inch slices and place on ungreased baking sheet; bake in hot oven (400° F.) for 5 to 7 minutes, or until delicately browned. Approximate yield: 5 dozen cookies.

CHECKERBOARD COOKIES

Use recipe for Spritz Cookies (page 584); divide dough in thirds; to one part add 2 squares chocolate, melted, and chill all dough thoroughly. Divide chocolate dough and one of the plain portions into 8 parts each; with fingers, roll pieces in thin rolls $\frac{1}{4}$ inch thick, and flatten slightly with spatula to form square sides. Roll remaining plain dough into rectangular sheet as long as the rolls. Moisten center of sheet with milk and place 4 thin rolls in alternate colors side-by-side on top; then arrange remaining rolls in 3 similar layers with colors alternating to build checkerboard block, moistening each layer with milk. Fold plain dough around the block and cover with waxed paper; chill thoroughly. Cut in $\frac{1}{8}$ -inch slices and bake in hot oven (400° F.) for 5 to 7 minutes, or until delicately browned. If easier to handle, double the number of small pieces of dough, and make into 2 separate checkerboard rolls. Approximate yield: 5 dozen cookies.

ROLLED HONEY WAFERS

2 cups sifted flour	1 cup shortening
$\frac{1}{4}$ teaspoon nutmeg	1 cup sugar
$\frac{1}{2}$ teaspoon cinnamon	2 cups honey
1 cup shredded almonds	2 eggs, well beaten

Mix and sift flour and spices; stir in almonds. Cream shortening until soft; beat in sugar, then honey and eggs; stir in flour-nut mixture. Drop small portions from teaspoon on greased bottom of inverted dripping pan, about 2 inches apart, and bake in slow oven (300° F.) about 12 minutes, or until delicately browned. Cool 1 minute, then remove with spatula and roll, top side out, around handle of wooden spoon, or roll, cone-shaped, or fit into a cup. Keep in covered container. Approximate yield: 80 wafers.

CREAM CHEESE DAINTIES

1 cup sifted cake flour	¼ pound cream cheese
¼ teaspoon salt	¼ cup sugar
½ cup shortening	1 tablespoon caraway seeds

Sift together flour and salt. Cream together shortening and cheese, and blend in sugar; gradually stir in flour. Shape in 2-inch rolls, wrap each in waxed paper and chill thoroughly in refrigerator. Slice thin, sprinkle lightly with caraway seeds and bake in hot oven (400° F.) about 6 minutes. Approximate yield: 40 cookies.

WHOLE WHEAT NUT WAFERS

1¼ cups whole wheat flour	⅔ cup sugar
1 teaspoon baking powder	1 teaspoon vanilla
⅛ teaspoon salt	2 teaspoons grated orange rind
½ cup chopped nuts	1 egg
¼ cup shortening	2 tablespoons milk

Mix together whole wheat flour, baking powder and salt; stir in nuts. Cream together shortening and sugar; beat in vanilla, orange rind and egg. Stir in flour-nut mixture alternately with milk. Spread thinly in greased baking pan, 7 x 11 x 1 inches, and bake in moderate oven (350° F.) for 18 to 20 minutes. Cut in squares while warm. Yield: 1 dozen thin squares.

CINNAMON STARS

7 egg whites	2 cups finely crushed almonds
2 cups granulated sugar	1½ teaspoons grated lemon rind
5 teaspoons cinnamon	2 cups powdered sugar

Beat egg whites to a froth; gradually beat in mixture of granulated sugar and cinnamon, sifting about ¼ cup at a time over top. Beat mixture until it becomes very stiff (about 15 minutes in a mechanical mixer). Remove ½ cup of mixture; to the remaining mixture, add almonds and lemon rind. Knead in thoroughly the powdered sugar. Roll ½ inch thick on well-sugared board; cut with star-shaped cutter. Brush tops with reserved mixture. Bake in moderate oven (350° F.) 20 minutes, or until lightly browned. Yield: 2 dozen cookies.



ENGLISH BRANDY WAFERS

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¾ cup butter	½ cup molasses
¾ cup sugar	1½ cups sifted flour
2 teaspoons ginger	

Heat butter, sugar and molasses until blended. Add ginger. Remove from heat, add flour, beating until smooth. Drop from tip of spoon on greased baking sheet, about 2 inches apart. Bake in slow oven (300° F.) about 12 minutes. When slightly cool, remove from pan and roll, top side out, over handle of a wooden spoon. Keep in covered container. Approximate yield: 4 dozen wafers.

PECAN FUDGE FILLED WAFERS

⅓ cup shortening	¼ teaspoon vanilla
⅓ cup sugar	¾ cup sifted flour
1 egg, well beaten	Pecan Nut Fudge (page 759)

Cream together shortening and sugar; beat in egg and vanilla, and stir in flour. Spread ⅛ inch thick on greased bottom of inverted dripping pan; crease in 1½-inch squares. Bake in moderately slow oven (325° F.) about 10 minutes, or until delicately browned. Cut squares apart with knife and while hot put two together with filling. Approximate yield: 1 dozen double wafers.

ALMOND CROISSANTS

½ cup shortening	¼ cup finely crushed almonds
½ cup sugar	1 cup sifted flour (about)
dash of salt	1 egg white
2 egg yolks	1 teaspoon water
chopped almonds	

Cream together shortening, sugar and salt; beat in egg yolks, then finely crushed almonds. Gradually stir in flour until dough is stiff enough to handle; chill thoroughly. Roll ⅛ inch thick on lightly floured board; cut with small crescent-shaped cutter and place on greased baking sheet. Brush with egg white and water beaten together until frothy; sprinkle with chopped almonds and bake in moderately hot oven (375° F.) 12 minutes. Yield: 1½ dozen cookies.

COOKIES [TEA COOKIES]

588

DANISH VANILLA COOKIES

2½ cups sifted flour	1 cup butter
½ teaspoon baking powder	2 egg yolks, slightly beaten
1 cup sugar	1½ teaspoons vanilla

Mix and sift flour, baking powder and sugar; cut in butter until well mixed. Stir in egg yolks and vanilla and work dough until smooth; chill. Roll thin on lightly floured board and cut as desired, or force through a cookie press on ungreased baking sheet. Bake in moderately hot oven (375°–400° F.) for 10 to 12 minutes. Approximate yield: 4 to 5 dozen cookies.

KRINGLES

2 cups sifted flour (about)	1 cup granulated sugar
2 teaspoons baking powder	1 egg, well beaten
¼ teaspoon salt	½ tablespoon caraway seeds
½ cup shortening	3 tablespoons brandy
¼ cup powdered sugar	

Mix and sift 1½ cups flour, baking powder and salt. Cream together shortening and sugar; beat in egg, caraway seeds and brandy. Stir in flour mixture, then add remaining flour until dough is stiff enough to handle; chill thoroughly. Roll ⅛ inch thick on lightly floured board; cut in desired shapes, place on ungreased baking sheet and sprinkle with powdered sugar. Bake in moderately hot oven (375° F.) about 15 minutes. Approximate yield: 4 dozen cookies.

CHRISTMAS ROCKS

1½ cups sifted flour	4½ cups walnut meats
1 teaspoon baking powder	3 cups pitted dates
½ teaspoon baking soda	3 cups seeded raisins
½ teaspoon salt	⅔ cup shortening
1 teaspoon cinnamon	½ cup firmly packed brown sugar
¼ teaspoon cloves	2 eggs

Mix and sift flour, baking powder, soda, salt and spices. Put nuts and fruits through food chopper. Cream shortening; gradually beat in brown sugar, then eggs, nuts and fruits. Stir in flour mixture. Drop from teaspoon on greased baking sheet and bake in moderate oven (350° F.) about 12 minutes. Approximate yield: 75 cookies.

WALNUT DROP COOKIES

2 cups sifted flour	½ cup shortening
2 teaspoons baking powder	1 cup sugar
½ teaspoon salt	½ teaspoon vanilla
½ cup chopped walnuts	1 egg
	¼ cup milk

Mix and sift flour, baking powder and salt; stir in walnuts. Cream shortening until soft, gradually beat in sugar, then vanilla and egg; add flour alternately with milk, beating until smooth after each addition. Drop from teaspoon on greased baking sheet and bake in moderately hot oven (375°–400° F.) for 8 to 12 minutes. Substitute black walnuts, pecans, filberts, Brazil nuts, peanuts or cashews for walnuts as desired; for plain drop cookies, omit walnuts. Approximate yield: 2½ dozen cookies.

MODIFICATIONS OF WALNUT DROP COOKIES

(Use recipe above)

Coconut Drop Cookies—Substitute 1 cup coconut for walnuts.

Brown Sugar Drop Cookies—Substitute ⅔ cup firmly packed brown sugar for granulated sugar.

Sour Cream Drop Cookies—Reduce baking powder to 1 teaspoon and add ¼ teaspoon baking soda; reduce shortening to ⅓ cup and substitute ½ cup sour heavy cream for milk. If desired, omit walnuts and flatten dropped dough with knife dipped in cold water. Place nut half in center of each.

Chocolate Drop Cookies—Add 2 squares chocolate, melted, to butter-sugar-egg mixture and increase milk to ⅓ cup.

Spiced Drop Cookies—Omit vanilla and sift ¼ teaspoon each cinnamon, allspice and cloves with flour; substitute pecans, filberts, Brazil nuts, peanuts, or cashews for walnuts, as desired.

Fruit Drop Cookies—Substitute 1 cup chopped fruit for walnuts; combine 2 or more fruits, if desired. Use raisins, currants, dates, or figs. Fruit may be added to Brown Sugar Drop Cookies, Chocolate Drop Cookies, or Spiced Drop Cookies.

COOKIES [DROP COOKIES]

590 **Orange Coconut Cookies**—Omit vanilla and flavor with 1 teaspoon each grated orange and lemon rind; substitute orange juice for milk and 1 cup shredded coconut for walnuts.

Prune Nut Cookies—Substitute 1 teaspoon baking soda for baking powder and sift $\frac{1}{2}$ teaspoon cinnamon with flour; substitute $\frac{2}{3}$ cup firmly packed brown sugar for granulated sugar, and strong coffee for milk; reduce nuts to $\frac{1}{3}$ cup and add $\frac{2}{3}$ cup coarsely chopped uncooked prunes.

Blueberry Cookies—Omit vanilla and flavor with $1\frac{1}{2}$ teaspoons grated lemon rind; substitute $\frac{3}{4}$ cup blueberries for walnuts.

OATMEAL HERMITS

1½ cups sifted flour	1 cup seeded raisins
2 teaspoons baking powder	½ cup shortening
½ teaspoon salt	1 cup sugar
½ teaspoon cinnamon	2 eggs
2 cups oatmeal	½ cup milk

Mix and sift flour, baking powder, salt and cinnamon; stir in oatmeal and raisins. Cream shortening, gradually beat in sugar, then eggs; stir in flour-oatmeal mixture alternately with milk. Drop from teaspoon on greased baking sheet and bake in moderately hot oven (375° F.) about 15 minutes. Approximate yield: 3 dozen cookies.

WAFFLE HERMITS

1 cup sifted flour	½ teaspoon ginger
1½ teaspoons baking powder	½ cup shortening
½ teaspoon salt	½ cup sugar
½ teaspoon cinnamon	2 eggs, well beaten
½ teaspoon allspice	1 tablespoon molasses
½ teaspoon cloves	1 cup currants, washed and dried

Mix flour, baking powder, salt and spices, and sift 3 times. Cream shortening until light; add sugar gradually, creaming until light and fluffy; beat in egg, molasses and currants. Add flour, beating until smooth. Drop one spoonful on each section of heated waffle iron; bake 2 minutes, or until light brown; remove carefully with fork. Approximate yield: 3 dozen cookies.



OATMEAL JAMBOREES

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1 cup sifted flour	¼ cup firmly packed brown sugar
1 teaspoon baking powder	1 egg, beaten
½ teaspoon salt	¼ cup molasses
1½ cups oatmeal	¼ cup jam or marmalade
½ cup seeded raisins	½ cup shortening, melted

Mix and sift flour, baking powder and salt; stir in oatmeal and raisins. Beat brown sugar into egg, then molasses, jam and melted shortening; gradually stir in flour-oatmeal-raisin mixture. Drop from teaspoon on lightly greased baking sheet and bake in moderately hot oven (375° F.) about 12 minutes. Yield: 2 dozen large cookies.

SOFT MOLASSES COOKIES

3 ½ cups sifted flour	½ teaspoon cloves
1 teaspoon baking powder	¾ cup shortening
1 teaspoon baking soda	⅓ cup firmly packed brown sugar
1 teaspoon salt	1 egg
2 teaspoons cinnamon	¾ cup molasses
1 teaspoon ginger	¾ cup sour milk or buttermilk

Mix and sift flour, baking powder, soda, salt and spices. Cream shortening; gradually beat in sugar, then egg and molasses; add flour mixture alternately with sour milk. Drop from teaspoon on greased baking sheet and bake in moderate oven (350° F.) about 12 minutes. Add 1 cup seedless raisins, if desired. Yield: 7½ dozen cookies.

SPICY MOLASSES COOKIES

3 cups sifted flour	½ cup shortening
1 teaspoon baking soda	¼ cup firmly packed brown sugar
¼ teaspoon salt	½ cup molasses
½ teaspoon ginger	2 egg yolks, well beaten
1⅓ cups mincemeat	

Mix and sift flour, soda, salt and ginger. Cream shortening and brown sugar, then beat in molasses and egg yolks; gradually stir in flour, then mincemeat. Drop from teaspoon on greased baking sheet and bake in moderately hot oven (375° F.) about 10 minutes. To use dry mincemeat, break 1 package (9 oz.) into pieces, add ½ cup water, place over heat and stir until all lumps are broken up and mixture is practically dry; cool. Approximate yield: 4½ dozen cookies.

VANILLA DROPS

2 cups sifted flour	1 cup sugar
2 teaspoons baking powder	1 teaspoon vanilla
½ teaspoon salt	1 egg
1 cup shortening	½ cup milk

Mix and sift flour, baking powder and salt. Cream shortening until soft; gradually add sugar, creaming until fluffy. Beat in vanilla and egg; add flour alternately with milk. Drop from teaspoon on ungreased baking sheet and bake in moderately hot oven (375°–400° F.) for 8 to 10 minutes. Approximate yield: 50 cookies.

MODIFICATIONS OF VANILLA DROPS

(Use recipe above)

Butterscotch Drop Cookies—Substitute $\frac{2}{3}$ cup firmly packed brown sugar for granulated sugar. If desired, add 1 cup chopped pecans or other nuts.

Peppermint Chocolate Cookies—Add 2 squares chocolate, melted, to shortening-egg mixture; omit vanilla and add a few drops of oil of peppermint or $\frac{1}{4}$ teaspoon peppermint extract. Drop from teaspoon on ungreased baking sheet; flatten with knife dipped in cold water and place pecan or blanched almond half in center.

HONEY DROP COOKIES

3 cups sifted flour (about)	½ cup chopped citron
3 teaspoons baking powder	½ cup shortening
¼ teaspoon salt	½ cup sugar
¼ teaspoon cinnamon	1 cup honey
¼ cup chopped almonds	2 egg yolks, well beaten
1 teaspoon vanilla	

Mix and sift 3 cups flour, baking powder, salt and cinnamon; stir in almonds and citron. Cream shortening; beat in sugar and honey, then egg yolks and vanilla; gradually stir in flour-nut-fruit mixture. Bake sample cookie to determine effect of honey on mixture. Some honey causes more spreading than others; add more flour if necessary. Drop batter from teaspoon on greased baking sheet and bake in moderately hot oven (375° F.) about 10 minutes. Approximate yield: 7½ dozen cookies. Substitute pecans for almonds, if desired.

CHOCOLATE-PEANUT BUTTER COOKIES

593

1 cup sifted flour	1 cup sugar
1 teaspoon baking powder	1 egg
¼ teaspoon baking soda	½ cup peanut butter
¼ teaspoon salt	1 square chocolate, melted
2 tablespoons shortening	¼ cup milk

Mix and sift flour, baking powder, soda and salt. Beat together shortening, sugar and egg; then stir in peanut butter and chocolate; gradually stir in flour alternately with milk. Drop from teaspoon on greased baking sheet and bake in moderately hot oven (375° F.) about 15 minutes. Approximate yield: 2 dozen cookies.

MARMALADE DROP CAKES

3 cups sifted cake flour	½ cup shortening
½ teaspoon baking soda	1 cup sugar
½ teaspoon salt	2 eggs, well beaten
¾ cup orange marmalade	

Mix and sift flour, soda and salt. Cream shortening; gradually beat in sugar and eggs; stir in flour, then marmalade. Drop from teaspoon on greased baking sheet, about 2 inches apart, and bake in moderate oven (350° F.) about 12 minutes; remove at once from pans. Approximate yield: 4 dozen cookies.

CARROT COOKIES

2 cups sifted flour	2 cups quick-cooking oatmeal
2 teaspoons baking powder	1 cup raisins
¼ teaspoon baking soda	1 cup chopped nuts
¼ teaspoon salt	½ cup shortening
½ teaspoon cinnamon	1 cup grated raw carrots
½ teaspoon nutmeg	1 cup honey
2 eggs, well beaten	

Mix and sift flour, baking powder, soda, salt and spices; stir in oatmeal, raisins and nuts. Cream shortening; stir in carrots, then honey and eggs; gradually stir in flour-nut mixture. Drop from teaspoon on greased baking sheet, flatten slightly and bake in moderate oven (350° F.) for 25 to 30 minutes. Yield: 3 dozen small cookies.

SNACK DROP COOKIES

3 cups sifted flour	1 cup shortening
2 teaspoons baking powder	1 cup sugar
¼ teaspoon salt	3 eggs, well beaten
1 cup seeded raisins	1 cup grated carrots
1 cup chopped walnuts	¾ teaspoon grated lemon rind
1½ tablespoons lemon juice	

Mix and sift flour, baking powder and salt; stir in raisins and nuts. Cream shortening until soft; gradually beat in sugar, then eggs, carrots, lemon rind and juice; gradually stir in flour-nut mixture. Drop from teaspoon on lightly greased baking sheet and bake in moderately hot oven (375°-400° F.) for 12 to 15 minutes. Approximate yield: 2 dozen cookies.

COCONUT CREAM JUMBLES

2 cups sifted cake flour	2 egg yolks
½ teaspoon baking soda	1 teaspoon grated orange rind
½ teaspoon salt	1 teaspoon grated lemon rind
¾ cup shortening	1 tablespoon lemon juice
1 cup sugar	¾ cup sour heavy cream
1 cup shredded coconut	

Mix and sift flour, soda and salt. Cream shortening; gradually beat in sugar, then egg yolks; stir in grated rinds and lemon juice. Add flour alternately with sour cream, beating well after each addition; stir in coconut. Drop from teaspoon on greased baking sheet and bake in moderately hot oven (375° F.) about 10 minutes. Approximate yield: 5 dozen cookies.

CHOCOLATE COCONUT JUMBLES

Use recipe for Coconut Cream Jumbles (see above); omit grated orange and lemon rinds and lemon juice, and add 2 squares chocolate and 1 teaspoon vanilla. Approximate yield: 5 dozen cookies.

SWEET CREAM JUMBLES

Use recipe for Coconut Cream Jumbles (above); substitute sweet heavy cream for sour and 2 teaspoons baking powder for baking soda. Substitute chopped pecans for coconut, if desired.

LADYFINGERS

½ cup sifted cake flour	⅔ cup powdered sugar
⅛ teaspoon salt	3 eggs, separated
½ teaspoon vanilla	

Mix flour, salt and ⅓ cup sugar and sift three times. Beat egg whites until stiff and gradually beat in remaining ⅓ cup sugar; fold in vanilla and egg yolks, beaten until thick and very light colored. Carefully fold in flour-sugar mixture, sprinkling about 3 tablespoons at a time over surface. Press through pastry bag on ungreased paper-lined pan, making strips 4 x ¾ inches; dust with additional powdered sugar and bake in moderate oven (350° F.) for 10 to 12 minutes. Or drop batter from teaspoon to make rounds. Approximate yield: 2 dozen ladyfingers.

CRUMB DELIGHTS

1 cup fine bread crumbs	¼ cup raisins
1½ cups (1 can) sweetened condensed milk	¼ cup chopped nuts
1 teaspoon lemon extract	8 dates, chopped
	9 cherries, chopped
¼ cup shredded coconut	

Crisp bread crumbs in oven until lightly browned; gradually stir in condensed milk until of consistency to drop; add remaining ingredients. Drop by teaspoon on greased baking sheet and bake in moderate oven (350° F.) for 12 minutes. Yield: 3 dozen cookies.

ORANGE MARMALADE BARS

2½ cups sifted flour	1 cup sugar
3 teaspoons baking powder	3 eggs, well beaten
½ teaspoon salt	3 tablespoons orange marmalade
¾ cup shortening	2 tablespoons grated orange rind
1 cup orange juice	

Mix and sift flour, baking powder and salt. Cream shortening until soft and smooth; gradually add sugar, creaming until fluffy. Beat in eggs, then marmalade and grated orange rind. Add flour alternately with orange juice. Turn into greased baking pan, 7 x 11 x 1 inches, and bake in moderate oven (350° F.) for 40 to 50 minutes. When cold, cut in narrow strips; spread with Orange Frosting (page 614). Yield: 28 (1 x 3-inch) strips.

PETITS FOURS

French Almond Cake (page 548)

Fondant Frosting (page 618)

Apricot Coating (page 619)

Decorative Boiled Frosting (page 617)

Petits Fours require care and skillful technique to obtain that coveted French pastry effect. Prepare cake as directed; it should not be more than 1 inch high when baked; a sponge or pound cake may be used, if desired. Cut cold cake, bottom-side up, in 1-inch strips crosswise; then cut in 1-inch squares, small triangles and oblongs, or cut in diamonds, circles, half-circles, stars or other fancy shapes; use a sharp knife and wipe it with a damp cloth before cutting each piece. Coat cakes, one at a time, with apricot coating; insert fork in side of small cake and dip into coating, covering all but top, and arrange 4 in a row on wire cake rack, with uncovered surface down, placing cakes $\frac{1}{2}$ inch apart; place rack on marble slab or over a plain surface covered with waxed paper. (This coating keeps the cakes moist, gives a gloss to the frosting and helps in keeping it from peeling off.) Pour fondant frosting from pan on center of cakes, moving from cake to cake, then back again to cover generously but gradually; it will require about 1 cup frosting for 4 cakes, and what runs off on table is scraped up into kettle and used again with additional frosting, for other cakes. Shake rack gently to remove frosting which clings to it and place in warm place to set; when dry, remove cakes with spatula and trim frosting from bottoms; cakes are dry by the time next series of 4 is ready for frosting. Color fondant delicate shades with vegetable color paste.

To decorate cakes, make a cone of cooking paper or vegetable parchment and cut a tiny opening at tip, or use a pastry bag and tube with a small opening. Fill about $\frac{1}{3}$ full with Decorative Boiled Frosting and press out in fine lines to make scrolls, or make any desired design; frosting may be colored with vegetable color paste or with melted chocolate. Decorations such as nuts, candied orange peel, cherries, angelica, ginger, candied rose petals or violets may be used.

FRUIT DROPS

1 cup sweetened condensed milk

2 cups shredded coconut

 $\frac{1}{4}$ teaspoon salt

1 cup chopped dates, uncooked prunes

1 teaspoon vanilla

or apricots

Combine ingredients and drop from teaspoon on greased baking sheet about 1 inch apart. Bake in moderate oven (350° F.) about 12 minutes, or until delicately browned. Yield: 2 dozen cookies.



PETITS FOURS IN MANY COLORS

With very little practice, home-made cakes, prettily frosted, can look professional. See recipe for Petits Fours (page 596) for detailed information.

PFEFFERNUESSE

4 cups sifted flour	1 teaspoon aniseed
1 teaspoon baking soda	¼ pound candied orange peel
½ teaspoon salt	½ pound citron
1 tablespoon cinnamon	2 tablespoons butter
1 teaspoon cloves	2½ cups powdered sugar
1 teaspoon nutmeg	5 eggs, separated
¼ teaspoon black pepper	1½ teaspoons grated lemon rind
1 tablespoon crushed cardamom seeds	¼ cup milk or water (about)
	1 cup confectioners' sugar

Mix and sift flour, soda, salt and spices; stir in seeds, then ground orange peel and citron. Mix together butter and sugar; add well-beaten egg yolks and lemon rind and beat thoroughly. Gradually stir in flour-fruit mixture; fold in stiffly beaten egg whites. Chill 1 hour; then shape in small balls the size of hickory nuts. Place on cloth and let stand, uncovered, overnight at room temperature. In the morning brush balls with thin confectioners' icing made by gradually stirring milk into confectioners' sugar. Place on ungreased baking sheet and bake in moderate oven (350° F.) for 15 to 20 minutes. Approximate yield: 7½ dozen cookies.

MERINGUES

4 egg whites	1 cup fine granulated sugar
¼ teaspoon salt	½ teaspoon vanilla

Beat egg whites until frothy; sprinkle salt over top and beat until stiff; gradually beat in ½ of sugar, adding 2 tablespoons at a time, add flavoring; then fold in remaining sugar. With pastry bag or spoon, shape in mounds on ungreased, paper-covered baking sheet. Bake in slow oven (275° F.) for 45 to 60 minutes, or until very delicately browned and dry on surface. Remove from paper while warm. If bowl is placed over hot water while folding in last ½ cup sugar, the cakes are less likely to crack during baking. Approximate yield: 3 dozen large, or 5 dozen small meringues.

MODIFICATIONS OF MERINGUES

Kisses—These are small meringues. Shape mixture in small mounds; they may be shaped in pairs.

Creole Kisses—Fold 1 cup finely crushed nut brittle into meringue mixture; shape in small mounds.

Meringue Glacés—Shape mixture in large mounds. When baked, scoop out centers with spoon and place in oven to dry. Just before serving, fill shells with ice cream, crushed fruit or cream filling; serve with a dessert sauce (page 630) as desired.

Nut Glacés or Shells—Fold 1 cup finely chopped nut meats into mixture before shaping into large mounds. Use English walnuts, pecans, hickory nuts, toasted blanched almonds, pistachio nuts or cashews.

Date and Walnut Meringues—Fold 1 cup each chopped dates and broken walnut meats into meringue mixture. With teaspoon shape in small mounds.

Coconut Meringues—Fold 1 cup shredded coconut into meringue mixture. With teaspoon shape in small mounds.

Mushroom Meringues—With pastry bag shape mixture in mounds the size of mushroom caps; sprinkle with cocoa. Shape stems like mushroom stems. Bake, remove from paper and place caps on stems.

Strawberry Meringues—When removing baked meringues from paper, crush in at bottom and fill cavity with mixture of sweetened, crushed strawberries and whipped cream.

Maple Nut Meringues—Substitute 1 cup shaved maple sugar for granulated sugar and fold 1 cup ground pecans into meringue mixture. Shape in small mounds.

Meringue Nests with Peaches—Prepare $1\frac{1}{2}$ times the recipe. Cover bottoms of medium-sized muffin pans with unglazed paper; do not grease. Pack with meringue, cutting with knife to remove air pockets. Bake for 1 to $1\frac{1}{4}$ hours. Remove while warm and scoop out soft center from underside; then cool. Just before serving, fill with fresh peaches, sweetened with powdered sugar, and top with a hood of whipped cream. Substitute other fruits for peaches as desired. Approximate yield: 10 meringues.

SWISS MERINGUES CHOCOLAT

Use $\frac{1}{2}$ recipe for Meringues (page 598); mix 2 tablespoons cocoa with sugar. With pastry tube shape in form of a slender "S" on ungreased, paper-covered baking sheet. The line of the meringue needs to be rather thick since the mixture does not swell in cooking. Bake in slow oven (275° F.) for 20 to 30 minutes. When cool, remove very gently from paper. Approximate yield: 2 to 3 dozen meringues.

PEANUT BUTTER NUGGETS

1 cup peanut butter
1 teaspoon lemon juice
¼ teaspoon salt

1½ cups (1 can) sweetened
condensed milk
1 cup chopped raisins

Mix together peanut butter, lemon juice and salt; gradually stir in condensed milk, then raisins. Drop from teaspoon on greased baking sheet and bake in moderately hot oven (375° F.) about 10 minutes. Approximate yield: 3 dozen cookies.

COCONUT NUGGETS

Use recipe for Peanut Butter Nuggets (see above); reduce peanut butter to ½ cup; use 3 cups shredded coconut instead of raisins. Approximate yield: 30 cookies.

CHOCOLATE KISSES

½ cup sifted cake flour
¾ cup fine granulated sugar
4 egg whites

¼ teaspoon salt
4 squares chocolate, melted
½ teaspoon vanilla

Mix and sift flour and ¼ cup sugar. Beat egg whites until frothy; sprinkle with salt and beat until stiff; gradually beat in remaining ½ cup sugar, adding 2 tablespoons at a time. Fold in flour-sugar mixture, sifting about ¼ cup at a time over surface; fold in chocolate and vanilla. Drop from teaspoon on ungreased, paper-covered baking sheet and bake in slow oven (275° F.) for 40 to 50 minutes. Approximate yield: 2 dozen kisses.

ALMOND MACAROONS

1 cup almond paste
¾ cup sugar

¼ teaspoon salt
3 egg whites

Rub paste until smooth; gradually work in sugar until well mixed, add salt; beat in thoroughly one egg white at a time; let mixture stand 20 minutes. With pastry bag shape in rounds on ungreased, paper-covered baking sheet; wet tops by shaking a damp cloth over them and bake in slow oven (300° F.) about 30 minutes, or until dry on surface. When slightly cool, remove from paper and store in cool place overnight; they are much better on second day. Approximate yield: 2 dozen macaroons.

MODIFICATIONS OF ALMOND MACAROONS

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(Use recipe on page 600)

Coconut Macaroons—Add 1 cup shredded coconut to macaroon mixture.

Chocolate Macaroons—Increase sugar to 1 cup; fold $\frac{1}{2}$ teaspoon vanilla and 2 squares chocolate, melted, into macaroon mixture.

Chocolate Coconut Macaroons—Add 1 cup shredded coconut to chocolate-macaroon mixture above.

CREOLE MACAROONS

$\frac{1}{2}$ pound almonds	$\frac{1}{4}$ cup water
$\frac{1}{2}$ cup sugar	$\frac{1}{2}$ cup chopped dates
4 egg whites, stiffly beaten	

Blanch and chop almonds; boil in sugar and water syrup about 5 minutes and drain. Mash nuts fine and return to syrup, add dates; fold into beaten egg whites. Drop from teaspoon on greased baking sheet and bake in slow oven (300° F.) about 25 minutes. Approximate yield: 2 dozen macaroons.

CORNFLAKE MACAROONS

2 egg whites	$\frac{1}{4}$ teaspoon almond extract
$\frac{1}{2}$ teaspoon salt	1 cup shredded coconut
1 cup sugar	2 cups cornflakes

Beat egg whites until frothy; sprinkle salt over top and beat until stiff; gradually beat in sugar, then flavoring; fold in coconut and cornflakes. Drop from teaspoon on greased baking sheet and bake in moderate oven (350° F.) for 15 to 20 minutes. Place pan on damp cloth and remove macaroons immediately with spatula or knife. A heart-shaped or round cinnamon drop may be placed in center of each macaroon, if desired. Approximate yield: 3 dozen macaroons.

MODIFICATIONS OF CORNFLAKE MACAROONS

Rice Macaroons—Flavor with $\frac{1}{2}$ teaspoon vanilla instead of almond extract, substitute crisp prepared rice cereal for cornflakes and add $\frac{1}{2}$ cup chopped nut meats.

Cake Crumb Macaroons—Substitute $\frac{2}{3}$ cup cake crumbs for cornflakes. Coconut may be omitted, if desired.

MARGUERITES

Use recipe for Boiled Frosting (page 616) or Seven Minute Frosting (page 615); add 5 marshmallows, diced, to hot syrup just before pouring it over egg whites. Fold in $\frac{1}{4}$ cup shredded coconut and 1 cup chopped nuts. Spread on crackers and bake in moderate oven (350° F.) about 15 minutes, or until delicately browned. If syrup is made with brown sugar, omit corn syrup. Yield: 50 marguerites.

MARGUERITE TEA WAFERS

2 tablespoons powdered sugar	$\frac{1}{2}$ cup chopped, cooked prunes
1 egg white, stiffly beaten	$\frac{1}{2}$ teaspoon vanilla
$\frac{1}{2}$ cup finely chopped walnuts	25 round crackers (small)

Beat sugar gradually into egg whites; fold in nuts, prunes and vanilla. Drop from teaspoon on small crisp crackers and bake in moderate oven (350° F.) about 15 minutes, or until delicately browned. Serve at once. Yield: 25 marguerite wafers.

BROWNIES

$\frac{3}{4}$ cup sifted flour	$\frac{1}{3}$ cup shortening
$\frac{1}{2}$ teaspoon baking powder	1 cup sugar
$\frac{1}{2}$ teaspoon salt	2 eggs, well beaten
1 cup chopped nuts	$\frac{1}{2}$ teaspoon vanilla
2 squares chocolate, melted	

Mix and sift flour, baking powder and salt; stir in nuts. Cream shortening until soft; gradually beat in sugar, then eggs, vanilla and chocolate; stir in flour-nut mixture. Turn into greased, shallow 8-inch square pan and bake in moderate oven (350° F.) for 30 to 35 minutes; cut in squares before removing from pan. Approximate yield: 16 squares.

MODIFICATIONS OF BROWNIES

Fudge Brownies—Omit baking powder and bake in moderately slow oven (325° – 350° F.) about 30 minutes. These fall slightly on removing from oven but are moist and fudge-like. Cut in squares before removing from pan. Approximate yield: 16 squares.

Chocolate Indians—Increase eggs to 3 and add $\frac{1}{2}$ cup finely cut dates. Approximate yield: 25 squares.

Bran Fudge Squares—Reduce flour and nuts to $\frac{1}{2}$ cup each and add $\frac{1}{2}$ cup bran; increase chocolate to 4 squares and vanilla to 1 teaspoon. Yield: 16 (2-inch) squares. 603

PEANUT BUTTER BROWNIES

1 cup sifted flour	$\frac{1}{2}$ cup peanut butter
2 teaspoons baking powder	1 cup sugar
$\frac{1}{4}$ teaspoon salt	1 egg, well beaten
$\frac{1}{2}$ cup chopped peanuts	2 squares chocolate, melted
2 tablespoons shortening	$\frac{1}{4}$ cup milk

Mix and sift flour, baking powder and salt; stir in peanuts. Cream together shortening, peanut butter and sugar; beat in egg and chocolate; add flour-nut mixture alternately with milk. Turn into greased, shallow, 9-inch square pan and bake in moderate oven (350° F.) for 25 to 30 minutes; cut in squares while warm. Yield: 25 squares.

BUTTERSCOTCH SQUARES

$1\frac{1}{2}$ cups sifted flour	$\frac{1}{2}$ cup shortening
2 teaspoons baking powder	1 cup firmly packed brown sugar
$\frac{1}{4}$ teaspoon salt	2 eggs
1 cup chopped nuts	1 teaspoon vanilla

Mix and sift flour, baking powder and salt; stir in $\frac{1}{2}$ cup nuts. Melt shortening, add brown sugar and cook slowly until sugar is melted, stirring constantly; cool; beat in thoroughly one egg at a time, then vanilla. Stir in flour-nut mixture; turn into greased shallow pan, 7 x 11 x 1 inches, spreading mixture $\frac{1}{2}$ inch thick; sprinkle with remaining $\frac{1}{2}$ cup nuts. Bake in moderate oven (350° F.) for 20 to 25 minutes; cut in squares while warm. Yield: 28 squares.

CHOCOLATE MOLASSES SQUARES

1 cup sifted flour	$\frac{1}{2}$ cup shortening
$\frac{1}{2}$ teaspoon baking powder	$\frac{1}{2}$ cup sugar
$\frac{1}{4}$ teaspoon baking soda	$\frac{1}{2}$ cup molasses
$\frac{1}{4}$ teaspoon salt	1 egg
1 cup chopped walnuts	2 squares chocolate, melted

Mix and sift flour, baking powder, soda and salt; stir in nuts. Beat together shortening, sugar, molasses and egg; add chocolate; stir in flour-nut mixture. Turn into greased, shallow pan, 7 x 11 x 1 inches, and bake in moderate oven (350° F.) about 30 minutes; cool slightly and cut in squares. Yield: 2 dozen squares.

COCONUT MOLASSES SQUARES

Use recipe for Chocolate Molasses Squares (page 603); sprinkle $\frac{1}{2}$ cup shredded coconut over top of batter just before baking. Yield: 2 dozen squares.

GINGERBREAD COOKIES

1 cup dark molasses	$1\frac{1}{2}$ teaspoons baking powder
$\frac{1}{2}$ cup shortening	$\frac{1}{2}$ teaspoon baking soda
$\frac{1}{4}$ cup milk	$\frac{1}{2}$ teaspoon salt
4 cups sifted flour	$1\frac{1}{2}$ teaspoons ginger
	$\frac{1}{4}$ cup sugar

Heat molasses with shortening to boiling point; stir in milk and cool. Mix and sift flour, baking powder, soda, salt and ginger; add all at once to molasses mixture, mixing well; chill thoroughly. Turn out on lightly floured board, roll into rectangular piece, $\frac{1}{4}$ inch thick, and place on greased baking sheet, 12 x 18 inches. Rib surface with fork, if desired, then mark in squares; or cut rolled dough with cookie cutter. Sprinkle with sugar and bake in moderate oven (350° F.) for 10 to 15 minutes. Yield: 4 dozen (3-inch) cookies.

CHOCOLATE OATMEAL STICKS

$2\frac{1}{4}$ cups sifted flour	1 cup shortening
2 teaspoons baking powder	$\frac{1}{3}$ cup firmly packed brown sugar
$\frac{1}{2}$ teaspoon salt	$\frac{1}{2}$ cup chocolate-flavored malted milk powder
$2\frac{1}{2}$ cups rolled oats (ground)	$\frac{1}{2}$ cup water

Mix and sift flour, baking powder and salt; stir in ground oats. Cream shortening until soft; beat in brown sugar, then milk powder. Stir in flour-oats mixture alternately with water. Divide dough in half; spread one part in bottom of greased baking pan, about 7 x 11 x 1 inches. Cover with Tart Date Filling and spread remaining half of dough over top; bake in moderate oven (350° F.) for 25 to 30 minutes; cut in 3 x 1-inch strips. Yield: 28 sticks.

For *Tart Date Filling*, cook to a paste 1 pound dates, chopped, 1 cup sugar and $\frac{1}{4}$ cup boiling water. Cool and add 3 tablespoons each lemon and orange juice. Chopped figs or raisins may be substituted for chopped dates, if desired.

FRESNO SQUARES

605

1 cup sifted flour	1 cup chopped nuts
¼ teaspoon baking soda	¼ cup shortening
¼ teaspoon salt	¼ cup firmly packed brown sugar
½ teaspoon ginger	2 eggs
1 cup seeded raisins	¼ teaspoon vanilla
½ cup molasses	

Mix and sift flour, soda, salt and ginger; stir in raisins and nuts. Cream together shortening and brown sugar; beat in thoroughly one egg at a time, then vanilla and molasses; stir in flour-nut mixture. Turn into greased, shallow, 9-inch square pan and bake in moderate oven (350° F.) about 30 minutes; cut in squares. Yield: 25 squares.

ALMOND STRIPS

3 eggs, separated	½ teaspoon vanilla
¾ cup sugar	¼ cup sifted flour
¾ cup ground almonds	

Beat egg yolks until light; gradually beat in sugar and add vanilla; stir in flour, then almonds. Fold in stiffly beaten egg whites and spread about ¼ inch thick in greased, shallow pan, 12 x 9 inches. Bake in moderate oven (350° F.) about 25 minutes. Cool and cover with Boiled Frosting (page 616); cut in 3-x 1-inch strips. Hazelnuts, Brazil nuts, pecans, English or black walnuts, hickory nuts or cashews may be substituted for almonds, if desired. Yield: 36 strips.

COCONUT GRAHAM CRISPS

1 cup sifted flour	½ cup chopped walnuts
1 teaspoon baking powder	½ cup shredded coconut
½ teaspoon salt	½ cup shortening
½ cup oatmeal	¾ cup firmly packed brown sugar
½ cup graham cracker crumbs	2 eggs
½ teaspoon vanilla	

Mix and sift flour, baking powder and salt; stir in oatmeal, cracker crumbs, walnuts and coconut. Cream together shortening and sugar; beat in thoroughly 1 egg at a time, then vanilla; stir in flour-nut mixture. Spread in greased, 9-inch square pan and bake in moderate oven (350° F.) for 25 to 30 minutes; cut in squares while warm. Yield: 25 squares.

QUICK ORANGE DROPS

- | | |
|------------------------------------|-----------------------------------------------------|
| 2 tablespoons shortening, softened | 1½ cups (1 can) sweetened condensed milk |
| 1 tablespoon grated orange rind | |
| 1 tablespoon orange juice | ½ cup chopped, blanched almonds, or English walnuts |
| 2 teaspoons lemon juice | |
| ⅓ cup bran flakes | |

Mix together shortening, grated rind and fruit juices; gradually stir in condensed milk; then nuts and bran flakes. Drop from teaspoon on ungreased baking sheet and bake in moderate oven (350° F.) about 10 minutes. Approximate yield: 3 dozen cookies.

DOUGHNUTS

DOUGHNUTS may be plump or slender, round or twisted, according to inclination. But a good doughnut is uniform in shape, tender and of pleasing flavor, and decidedly *not* greasy.

Frying Pointers. The temperature of the fat used for frying must be gauged accurately. If the fat is too hot, the doughnuts will not be baked through; if too cold, the fat seeps in, resulting in a fat-soaked doughnut. A temperature of 360°–370° F. is ideal—hot enough to brown a cube of bread in sixty seconds. Do not attempt to cook too many doughnuts at one time, for the fat becomes over-cooled. Turn doughnuts as soon as they rise to the top.

DOUGHNUTS

- | | |
|---------------------------|----------------------------------|
| 3½ to 4 cups sifted flour | ¼ teaspoon cinnamon |
| 4 teaspoons baking powder | 1 cup sugar |
| 1 teaspoon salt | 2 eggs, well beaten |
| ¼ teaspoon nutmeg | 2 tablespoons shortening, melted |
| 1 cup milk | |

Mix and sift flour, baking powder, salt and spices. Gradually add sugar to eggs, beating until light; add shortening; add flour mixture alternately with milk, stirring lightly until ingredients are combined. Turn out on floured board and shape lightly; roll ¼ inch thick and cut with floured doughnut cutter. Fry in hot, deep fat (360°–370° F.) for 2 to 3 minutes, or until lightly browned, turning doughnuts when they rise to top and several times during cooking; drain on unglazed paper. Approximate yield: 2 dozen doughnuts.

MODIFICATIONS OF DOUGHNUTS

607

(Use recipe on page 606)

Old-fashioned Doughnuts—Increase nutmeg to $\frac{1}{2}$ teaspoon and add $\frac{1}{4}$ teaspoon mace; increase shortening to $\frac{1}{2}$ cup.

Orange Doughnuts—Use 1 teaspoon mace and 1 teaspoon orange extract, or $1\frac{1}{2}$ teaspoons grated orange rind for flavoring. Sprinkle doughnuts with powdered sugar.

Black Walnut Doughnuts—Add $\frac{1}{2}$ cup chopped black walnuts to batter. Roll doughnuts in sugar while hot.

SOUR MILK DOUGHNUTS

Use recipe for Doughnuts (page 606); reduce baking powder to 2 teaspoons and add $\frac{1}{2}$ teaspoon baking soda; substitute sour milk or buttermilk for sweet milk; flavor with $\frac{3}{4}$ teaspoon nutmeg and add more flour, if necessary. Drop from spoon into hot, deep fat, or roll and cut. Approximate yield: 2 dozen doughnuts.

WHOLE WHEAT DOUGHNUTS

Use recipe for Sour Milk Doughnuts (see above); substitute $\frac{1}{2}$ cup firmly packed light brown sugar for granulated sugar and use $1\frac{1}{4}$ cups unsifted whole wheat flour and $2\frac{1}{4}$ cups sifted all-purpose flour. Approximate yield: 2 dozen doughnuts.

SURPRISE CRULLERS

Use recipe for Doughnuts (page 606); roll dough about $\frac{1}{8}$ inch thick and cut in rounds, $1\frac{1}{2}$ inches in diameter. Place orange marmalade and seeded raisins on $\frac{1}{2}$ of rounds and sprinkle lightly with cinnamon; cover with remaining rounds and press edges together firmly. Fry as directed, drain and roll while warm in powdered sugar. Approximate yield: 2 dozen crullers.

CRULLERS

Use recipe for Doughnuts (page 606); increase shortening to $\frac{1}{4}$ cup, creamed; beat together shortening, sugar and eggs until light and fluffy. Roll $\frac{1}{2}$ inch thick, cut in 8-x 1-inch strips and twist. Fry as directed. Approximate yield: $2\frac{1}{2}$ dozen crullers.

CHOCOLATE DOUGHNUTS

Use recipe for Doughnuts (page 606); omit spices, increase sugar to $1\frac{1}{4}$ cups, and add $1\frac{1}{2}$ squares chocolate, melted, and 1 teaspoon vanilla to egg-sugar mixture. Add $\frac{1}{2}$ cup chopped nuts, if desired. Approximate yield: $2\frac{1}{2}$ dozen doughnuts.

POTATO DOUGHNUTS

Use recipe for Doughnuts (page 606); reduce flour to 3 cups and increase shortening to $\frac{1}{4}$ cup, creamed. Add 1 cup mashed potatoes to egg-sugar-shortening mixture; if necessary, add more flour to make dough of proper consistency to roll. Approximate yield: $2\frac{1}{2}$ dozen doughnuts.

MOLASSES DOUGHNUTS

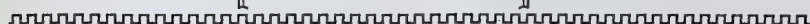
5 cups sifted flour (about)	1 egg, well beaten
1 teaspoon baking soda	1 cup molasses
1 teaspoon salt	1 cup sour milk or buttermilk
1 teaspoon ginger	1 teaspoon shortening, melted
	$\frac{1}{2}$ cup sugar

Mix and sift 2 cups flour, soda, salt and ginger. Combine egg, molasses, sour milk and shortening; add flour mixture, stirring until well mixed. Then add enough flour to make dough of proper consistency to roll; turn out on floured board and roll $\frac{1}{4}$ inch thick. Cut with floured large cutter, then with smaller cutter to make circles; twist into figure eights. Fry in hot, deep fat (360° – 370° F.) for 2 to 3 minutes, or until lightly browned; drain on unglazed paper and dust with sugar. Approximate yield: 3 dozen doughnuts.

GRAHAM CRACKER DOUGHNUTS

$1\frac{1}{2}$ cups sifted flour	1 teaspoon nutmeg
4 teaspoons baking powder	2 tablespoons shortening
$\frac{3}{4}$ teaspoon salt	$\frac{2}{3}$ cup sugar
$1\frac{1}{2}$ cups finely rolled graham cracker crumbs	1 egg, beaten
	$\frac{2}{3}$ cup milk

Mix and sift flour, baking powder, salt and nutmeg; stir in rolled cracker crumbs. Cream shortening; add sugar and egg, beating thoroughly; add flour-crumbs mixture alternately with milk. Turn out on floured board and roll $\frac{1}{4}$ inch thick; cut with floured doughnut cutter. Fry in hot, deep fat (360° – 370° F.) for 2 to 3 minutes, or until lightly browned; drain on unglazed paper and roll in powdered sugar, if desired. Approximate yield: 2 dozen doughnuts.



GRANDMOTHER'S RAISED DOUGHNUTS

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1¼ cups milk, scalded	¾ cup sugar
¼ cup shortening	1½ teaspoons cinnamon
½ teaspoon salt	¼ teaspoon nutmeg
¼ cake compressed yeast	⅛ teaspoon mace
4 cups sifted flour	3 eggs, well beaten

Place milk, shortening and salt in large mixing bowl and cool until lukewarm; add crumbled yeastcake and stir well. Gradually add about 2½ cups flour, or enough to make a stiff batter, beating thoroughly. Place in warm place and allow to stand until full of bubbles. Mix sugar with spices and combine with eggs; stir into sponge, and gradually add remaining flour, or enough to make a dough which can be handled. Knead well, cover and let rise in warm place about 1 hour. Turn out on lightly floured board and roll 1 inch thick. Cut with floured doughnut cutter, or cut in rounds, or make into twists. Let rise on board, covered, until light on one side. Fry in hot, deep fat (360°–370° F.) from 2 to 3 minutes, or until lightly browned. If dropped into hot fat, raised side down, the top side will rise while under side cooks, and doughnut will take up less fat. Drain on unglazed paper. Approximate yield: 2½ dozen doughnuts.

OLYKOEK

Use ½ recipe for Sweet Rolls (page 136); cut off small pieces of light dough, and enclose brandied raisins or raisins and citron in center of each when shaping into small balls. Let stand until light. Fry in hot, deep fat (360°–370° F.) about 3 minutes, drain and roll in powdered sugar while warm. This is an early American favorite; the epicures of New Amsterdam soaked the olykoecks in Santa Cruz rum and serve them with whipped cream. Yield: 2 dozen olykoecks.

RAISED CRULLERS

Use ½ recipe for Sweet Rolls (page 136); roll raised dough ½ inch thick, cut in 6- x 1-inch strips and let rise until light. Fry in hot, deep fat (360°–370° F.) for 2 to 3 minutes, or until lightly browned; drain on unglazed paper. Approximate yield: 2 dozen crullers.

FRIED BREAD

Follow directions given for Raised Crullers (see above); use white bread dough, roll ½-inch thick and cut in 4- x ½-inch strips. Serve with butter and hot honey.

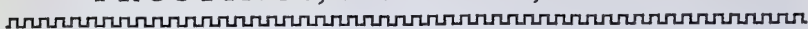
Frostings, Fillings, and Sauces

TO MANY people the frosting on the cake is more important than the cake itself. It is the final touch that radiates good looks and appetite appeal. Frostings help to retain moisture and when used with fillings, add richness, flavor and color to cakes.

In many instances the frosting can also serve as the filling. A fluffy, perishable frosting requires a tart or fruity filling for contrast in flavor and consistency. An uncooked butter frosting is appropriate for many types of cakes including sponge cake. Fluffy or boiled frostings are appropriate for butter cakes, but offer less happy contrast with delicate sponge cakes. Fudge frostings seem to bring out the flavor of chocolate cake and are favorites on white cake and every other type of butter cake.

How to Frost a Cake. Many tricks can be resorted to; a few rules may be helpful for the amateur. Frost a cold cake. Brush off all loose crumbs.

To frost layers, spread the bottom layer with frosting or filling and lay second layer on top; hold these in position with toothpicks if layers have a tendency to slip. The toothpicks can later be removed when the frosting has set. If more than two layers are to be used, continue spreading with frosting or filling as directed. Sometimes a cake is more uniform when under sides are placed together.



To frost the top and sides of a cake, heap frosting around the edge of the top of the cake. With a spatula, spread the frosting over the edge and down the sides of the cake. Heap the remaining frosting in center and spread lightly to edge of cake. To swirl frosting, use a spatula with butter frosting and the back of a spoon with boiled frosting. If coconut is added, sprinkle it on the moist frosting. 611

To apply ornamental frosting, frost the entire cake first with a foundation frosting. Plain boiled frosting or a frosting made of confectioners' sugar may be used. If desired, an under-coating or fruit glaze, such as Apricot Coating (page 619), may be spread on the cake before the foundation frosting is applied. The mild fruit flavor of the glaze enhances the flavor of the frosting, while the glaze further prevents a cake from drying out if it is to be kept for several days.

When the foundation frosting is thoroughly dry, half-fill a pastry bag or tube with ornamental frosting. A butter frosting is satisfactory for this. Fold the bag over to keep frosting from oozing out and apply gentle pressure to pipe borders, festoons or rosettes on the cake. If a design is first sketched on paper and then etched into the cake with a pin, the decoration can be accurately gauged. Toothpicks at intervals are helpful in applying leaves, letters or other designs.

A cooked frosting that is too thin can be placed over hot water for a few minutes to evaporate moisture; if it is too thick, add a drop or two of hot water, beating until the frosting is of the right consistency to spread.

Decorations should be simple. Candied fruits or blanched nuts may be cut into strips and applied to simulate flowers or some conventional motif; coconut, finely chopped nuts and chocolate shot are ornamental as well as edible. Delicately tinted frostings are often used for special occasions. An unusual effect can be attained by applying two layers of frosting that contrast in color.

FROSTINGS [[BUTTER FROSTINGS]]

- 612 Further suggestions for decorating cakes are included in the cooky section (page 576). To tint coconut: spread in thin layer on white paper, sprinkle with few drops of dilute vegetable coloring; rub between fingers to distribute color evenly.

BUTTER FROSTING

$\frac{1}{4}$ cup butter	1 teaspoon vanilla
2 cups confectioners' sugar	dash of salt
3 tablespoons cream (about)	

Cream butter until soft; gradually stir in 1 cup sugar, then vanilla and salt. Add remaining sugar alternately with cream, beating until smooth after each addition, and adding enough cream for proper consistency to spread. Approximate yield: frosting for tops and sides of 2 (8-inch) layers, tops of 2 (9-inch) layers, or 2 dozen cup cakes.

MODIFICATIONS OF BUTTER FROSTINGS

Mocha Frosting—Substitute strong coffee for cream and add $1\frac{1}{2}$ tablespoons cocoa.

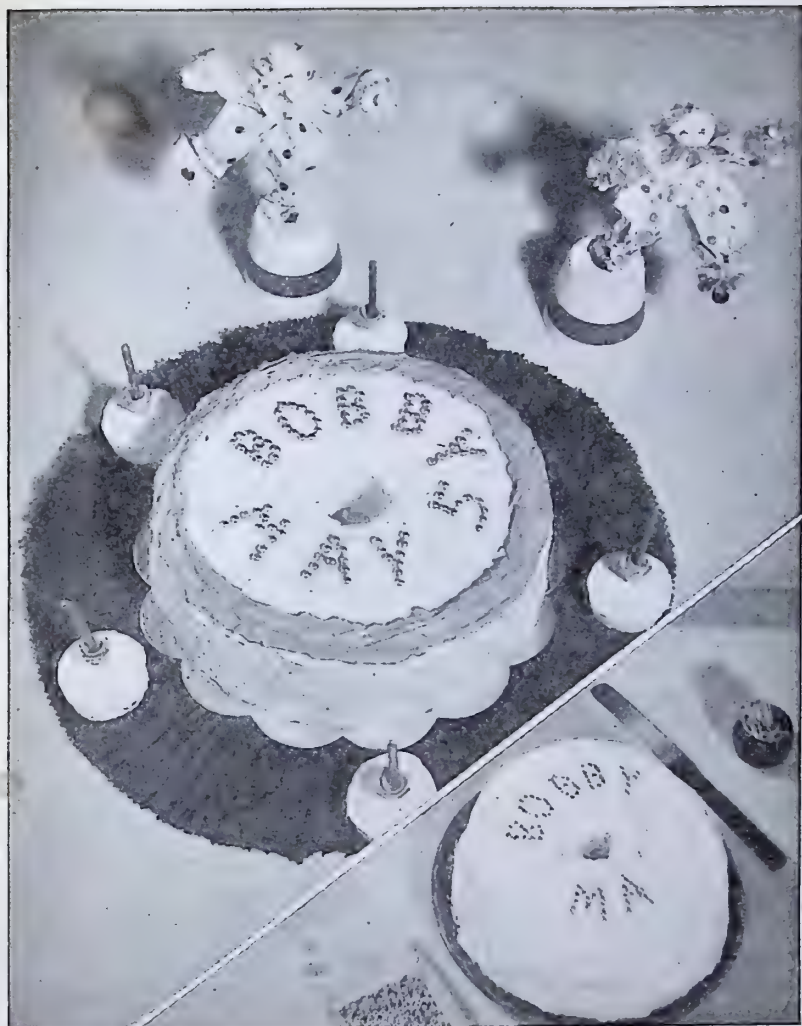
Parisian Frosting—Add a very small amount of vegetable coloring to make a delicate shade. Flavor as desired.

Chocolate Butter Frosting—Add 2 squares chocolate, melted, to butter-sugar mixture after $\frac{1}{2}$ of sugar has been added. Reduce vanilla to $\frac{1}{2}$ teaspoon and substitute milk for cream, using just enough to make a creamy frosting.

Orange Butter Frosting—Substitute 2 tablespoons orange juice and 1 egg yolk for cream; flavor with $1\frac{1}{2}$ teaspoons grated orange rind.

Strawberry Cream Frosting—Substitute powdered for confectioners' sugar and $\frac{1}{3}$ cup fresh strawberry pulp (about) for liquid. About 1 tablespoon orange or lemon juice adds a piquancy, and bitter almond in the cake is a distinctive touch. With canned fruit, decrease sugar.

Orange Cocoa Frosting—Sift $\frac{1}{2}$ cup cocoa with sugar, substitute 6 tablespoons orange juice for cream; add $\frac{1}{2}$ cup candied orange peel.



BIRTHDAY CAKE FOR A RED LETTER DAY

Bobby, Mary, or Tom will like a sponge birthday cake. See recipe on page 572. The cake is decorated with a simple border of chocolate frosting and the name and date are spelled out in tiny silver candies. Candles inserted in frosted cup cakes make suitable favors, after the initial "blowing out" rite.

Lower Right: Toothpicks inserted at the tip of each letter serve as guide posts.

FROSTINGS [UNCOOKED FROSTINGS]

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LEMON FROSTING

1 egg yolk
1 tablespoon grated orange rind
2 cups confectioners' sugar (about)
1½ tablespoons lemon juice
dash of salt

Mix together egg yolk, orange rind, lemon juice and salt; gradually stir in sugar until of proper consistency to spread. Approximate yield: frosting for tops of 2 (8-inch) layers, or 1½ dozen cup cakes.

MODIFICATIONS OF LEMON FROSTING

(Use recipe above)

Orange Frosting—Omit grated orange rind and substitute 2 tablespoons orange for lemon juice.

Grapefruit Frosting—Substitute grapefruit for lemon juice.

Lime Frosting—Substitute ¼ teaspoon grated lemon for orange rind and lime for lemon juice. Tint a pale green with vegetable coloring.

MINT FROSTING

2 large, chocolate-covered pepper-
mint patties
1 tablespoon butter
¾ cup confectioners' sugar
1 tablespoon cocoa
2 tablespoons cream (about)

Melt patties over hot water; cool. Cream butter and gradually stir in mixture of about ¼ cup sugar and cocoa, then melted patties; add remaining sugar alternately with cream, beating until smooth after each addition and adding enough cream for proper consistency to spread. Yield: frosting for top of 8-inch cake, or tops of 20 cup cakes.

JELLY FROSTING

½ cup tart jelly
1 egg white
dash of salt

Put jelly, egg white and salt in small bowl over hot water and beat with rotary beater until jelly is free from lumps. Remove from hot water and continue beating until mixture is stiff enough to stand in peaks. Just before serving, spread on cake and garnish with bits of clear jelly, or sprinkle shredded coconut over cake. This frosting does not become firm. Approximate yield: frosting for top and sides of 8 x 8 x 2-inch cake, or 2 dozen cup cakes.

[[SEVEN MINUTE FROSTINGS]] FROSTINGS ~~~~~

LEMON ICING

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1 egg white	1 teaspoon lemon juice
1 cup powdered sugar (about)	

Beat egg white until frothy, then sprinkle with lemon juice and gradually beat in sugar until stiff enough to spread. Approximate yield: icing for top of 8-inch cake, or 20 cup cakes.

SEVEN MINUTE FROSTING

2 egg whites	1/3 cup water
1 1/2 cups sugar	2 teaspoons light corn syrup
dash of salt	1. teaspoon vanilla

Beat together egg whites, sugar, salt, water and corn syrup in top part of double boiler; place over boiling water and continue beating with rotary beater about 7 minutes, or until frosting thickens and holds its shape when dropped from beater. Remove from boiling water, add flavoring and continue beating until stiff enough to spread. Approximate yield: frosting for tops and sides of 2 (9-inch) layers, or 2 dozen cup cakes.

MODIFICATIONS OF SEVEN MINUTE FROSTING

Fluffy Marshmallow Frosting—Beat 1 cup diced marshmallows into frosting before spreading on cake.

Coconut Frosting—Put layers together and cover cake with Seven Minute Frosting, sprinkling at once with 1 1/2 cups shredded coconut while frosting is soft. Toast or tint coconut, if desired.

Fluffy Lemon Frosting—Omit corn syrup and substitute two tablespoons lemon juice for 2 tablespoons water; flavor with lemon rind.

Orange Seven Minute Frosting—Omit corn syrup and substitute 3 tablespoons orange juice for 3 tablespoons water; flavor with 1 teaspoon grated orange rind.

Burnt Sugar Frosting—Substitute 2 tablespoons Caramel Syrup (page 631) for vanilla.

Sea Foam Frosting—Substitute 2 cups brown sugar for granulated sugar and omit corn syrup.

Chocolate Seven Minute Frosting—Stir 3 squares chocolate, melted, into frosting just before spreading on cake.

LORD BALTIMORE FROSTING

Use recipe for Fluffy Lemon Frosting (page 615); when ready to spread, fold in $\frac{1}{2}$ cup crushed toasted coconut, $\frac{1}{2}$ cup toasted, chopped blanched almonds and 2 tablespoons chopped quince preserves or maraschino cherries. Approximate yield: frosting for tops and sides of 2 (9-inch) layers, or 2 dozen cup cakes.

BOILED FROSTING

$1\frac{1}{2}$ cups sugar	2 egg whites
$\frac{1}{2}$ cup water	dash of salt
1 tablespoon light corn syrup	1 teaspoon vanilla

Put sugar, water and corn syrup in saucepan and stir over low heat until sugar is dissolved; boil, covered, about 3 minutes; then boil, uncovered and without stirring, until a small amount of syrup forms a soft ball when dropped into cold water (238° – 240° F.). Remove syrup from heat; quickly beat egg whites until stiff, then pour syrup in fine stream over egg whites, beating constantly; add salt and flavoring, and continue beating until frosting is cool and of proper consistency to spread. On a rainy or humid day, boil syrup to higher temperature. If frosting hardens before spreading, beat in a few drops of hot water. One-eighth teaspoon cream of tartar may be used instead of corn syrup. Approximate yield: frosting for tops and sides of 2 (9-inch) layers, or top and sides of $9 \times 9 \times 2$ -inch cake, or 2 dozen cup cakes.

MODIFICATIONS OF BOILED FROSTING

(Use recipe above)

Marshmallow Cream Frosting—Add 3 tablespoons marshmallow cream to hot syrup; then pour in fine stream over stiffly beaten egg whites.

Ginger Frosting—Use $\frac{1}{4}$ cup firmly packed light brown sugar with 1 cup granulated sugar. Fold $\frac{1}{2}$ cup well-drained and finely chopped preserved ginger into frosting when thick enough to spread.

Maple Frosting—Use 2 cups sugar, $\frac{2}{3}$ cup maple syrup, add corn syrup and water, and boil to soft ball stage (240° F.); then pour in fine stream over stiffly beaten egg whites.

Carrot Frosting—Use 1 cup sugar, $\frac{1}{8}$ teaspoon cream of tartar and $\frac{1}{4}$ cup water and boil until syrup spins a thread (230° F.) Remove from heat, add $\frac{1}{2}$ cup grated carrot and bring again to a full boil. Pour in fine stream over stiffly beaten egg whites. 617

Bisque Frosting—Use $2\frac{1}{2}$ cups sugar, $\frac{1}{2}$ cup corn syrup, $\frac{1}{2}$ cup water and $\frac{1}{4}$ teaspoon salt, and boil to firm ball stage (245° F.); pour in fine stream over stiffly beaten egg whites. Fold in $\frac{3}{4}$ cup almond macaroon crumbs and 2 tablespoons brandy when frosting begins to thicken. Spread at once on cake.

Apricot Frosting—Boil syrup to soft ball stage (240° F.) and add $\frac{1}{2}$ cup apricot purée; then pour in fine stream over stiffly beaten egg whites. Cool before spreading on cake. Peaches, strawberries or other soft fruits may be substituted for apricots.

FLUFFY BOILED FROSTING

Use recipe for Boiled Frosting (page 616); reduce sugar to 1 cup and vary the egg whites from 1 to 3; flavor as desired. Use cold-water test and thermometer for determining concentration of syrup. For 1 egg white, boil syrup to soft ball stage (236° – 238° F.); for 2 egg whites, boil syrup to soft ball stage (238° F.); for 3 egg whites, boil syrup to firm ball stage (244° F.). Approximate yield: frosting for tops and sides of 2 (9-inch) layers.

FOUNDATION BOILED FROSTING

Use recipe for Fluffy Boiled Frosting (see above), using 2 egg whites; add vegetable coloring to tint lightly, if desired. Spread smoothly on cake and set aside to become firm before decorating cake. Approximate yield: frosting for tops and sides of 2 (9-inch) layers.

DECORATIVE BOILED FROSTING

Use recipe for Fluffy Boiled Frosting (see above), using 2 egg whites and adding vegetable coloring, if desired. When of proper consistency to spread, stir in very lightly $\frac{1}{4}$ cup confectioners' sugar. This mixture should be firm enough to hold its shape when molded as flowers, lettering or other decoration; apply with a pastry tube. If frosting becomes too firm to use easily, add a small amount of unbeaten egg white. Approximate yield: 2 cups frosting.

LADY BALTIMORE FROSTING

1 recipe Boiled Frosting (page 616) $\frac{1}{2}$ cup chopped figs
 $\frac{1}{2}$ cup chopped seeded raisins $\frac{1}{4}$ cup chopped blanched almonds
 $\frac{1}{4}$ cup chopped walnuts

Prepare boiled frosting, flavoring with $\frac{1}{4}$ teaspoon vanilla and $\frac{1}{8}$ teaspoon almond extract. When of proper consistency to spread, add fruits and nuts. If preferred, add just enough frosting to fruits and nuts to make mixture that will spread easily, and use as filling between layers. Spread remaining frosting over top and sides of cake. Approximate yield: frosting for tops and sides of 2 (9-inch) layers.

FONDANT FROSTING

Use recipe for Fondant (page 764); melt 1 cup ripened fondant in top of double boiler; add just enough Simple Syrup (page 631) to make it of right consistency to spread, or about 2 tablespoons, beating until smooth. If too thin, add more fondant; if too stiff, add more syrup. Keep hot in double boiler and prepare a small amount at a time. Tint delicately with a vegetable color paste rather than a liquid color which may thin frosting; flavor as desired. Use for small cakes; place cakes on wire rack on a marble slab or over a strip of waxed paper and pour gradually on center of each cake to cover generously; scrape up frosting from underneath rack and use again. Approximate yield: 1 cup frosting, or enough to completely cover top and sides of 4 tiny cakes or Petits Fours (page 596).

BITTERSWEET VENEER

2 squares chocolate 1 to 2 teaspoons butter

Melt chocolate over warm water; gradually stir in butter and blend. When slightly cool, pour over cake covered with frosting which has been allowed to set; use Boiled Frosting (page 616), Seven Minute Frosting (page 615), or marshmallow frosting (page 615). For silhouette or shadow effect, permit chocolate to run over edge and down on sides of cake. Approximate yield: enough frosting to cover top of 8- or 9-inch cake.

SWISS BITTERSWEET FROSTING

6 squares sweet chocolate 6 tablespoons lukewarm water

Melt chocolate over warm but not boiling water; stir in $\frac{1}{4}$ cup lukewarm water, then add remaining water and blend; cool, stirring occasionally. Approximate yield: frosting for tops of 2 (8-inch) layers, or 20 medium-sized cup cakes.



APRICOT COATING

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$\frac{1}{2}$ cup apricot jelly $\frac{1}{2}$ cup Simple Syrup (page 631)
rum, brandy or curaçao

Melt jelly, add simple syrup and flavor with 1 or 2 teaspoons liquor. Use as coating for fancy cakes such as Petits Fours (page 596), covering all but bottom of cakes. This coating will keep cakes moist, give more lustre to frosting and keep it from peeling off. Approximate yield: coating for 30 to 40 (1 x 1-inch) cakes.

BAKED CHOCOLATE MERINGUE

$\frac{1}{4}$ cup firmly packed brown sugar 1 egg white, stiffly beaten
2 tablespoons cocoa $\frac{1}{4}$ cup chopped nuts

Combine brown sugar and cocoa, and gradually beat into egg white; spread over cake batter which has been turned into shallow pan or small muffin pans and sprinkle nuts over top. Bake in moderate oven (350° F.) for 20 to 25 minutes. Approximate yield: $\frac{3}{4}$ cup meringue, or meringue for 8-inch cake or 9 medium-sized cup cakes.

BAKED LEMON MERINGUE

$\frac{1}{4}$ cup sugar 2 eggs, separated
1 tablespoon cornstarch $1\frac{1}{2}$ teaspoons grated lemon rind
 $\frac{1}{4}$ teaspoon salt 3 tablespoons lemon juice
 $\frac{1}{4}$ cup water 1 teaspoon butter

Combine sugar, cornstarch and salt in top part of double boiler; stir in water and cook over boiling water 10 minutes, stirring until thickened. Add mixture of slightly beaten egg yolks, lemon rind and juice, and cook 2 minutes longer, stirring constantly; add butter and cool; fold in stiffly beaten egg whites. Spread on warm, freshly baked cake or cup cakes, and bake in moderate oven (350° F.) about 15 minutes, or until meringue is delicately browned. Approximate yield: meringue for 8- or 9-inch square cake, or 1 dozen large cup cakes.

BAKED COCONUT MERINGUE

Use recipe for Baked Chocolate Meringue; substitute $\frac{1}{2}$ cup granulated sugar for brown sugar; omit cocoa and nuts. Sprinkle with $\frac{1}{2}$ cup shredded coconut.

FROSTINGS [FUDGE FROSTINGS]

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FUDGE FROSTING

4 squares chocolate	$\frac{1}{2}$ teaspoon salt
$1\frac{1}{3}$ cups milk	2 tablespoons light corn syrup
$\frac{3}{4}$ cups sugar	2 tablespoons butter
	1 teaspoon vanilla

Add chocolate to milk and cook slowly until smooth and blended, stirring constantly; add sugar, salt and corn syrup, stirring until sugar is dissolved and mixture boils. Boil, covered, 3 minutes; then uncover and boil until a small amount forms a soft ball when dropped into cold water (234°–236° F.), stirring occasionally. Remove from heat, add butter and vanilla, and cool. When lukewarm (110° F.), beat until mixture is creamy and thick enough to spread. If frosting stiffens while spreading, place over hot water to keep soft. Approximate yield: frosting for tops and sides of 3 (8-inch) layers, or top and sides of 10 x 10 x 3-inch cake.

MODIFICATIONS OF FUDGE FROSTING

Chocolate Pecan Frosting—Substitute brown for granulated sugar and water for milk; omit corn syrup and increase butter to $\frac{1}{4}$ cup. Just before spreading, add 2 cups chopped pecan nut meats. For small cake, make $\frac{1}{2}$ recipe.

French Fudge Frosting—Use 2 squares (1 oz.) French bittersweet chocolate, $\frac{2}{3}$ cup light cream, 2 cups sugar, 2 tablespoons each light corn syrup and butter, and 1 teaspoon vanilla; omit salt. This is approximately $\frac{1}{2}$ the recipe for Fudge Frosting.

CARAMEL FUDGE FROSTING

$1\frac{1}{2}$ cups firmly packed brown sugar	2 tablespoons butter
1 cup rich milk	dash of salt
	$\frac{1}{2}$ teaspoon vanilla

Bring sugar and milk to a boil, stirring constantly; boil, covered 3 minutes; then boil, uncovered, until a small amount forms a soft ball when dropped into cold water (234°–236° F.), stirring occasionally. Remove from heat and add butter, salt and vanilla. When lukewarm (110° F.), beat until mixture is thick enough to spread. If frosting stiffens while spreading, place over hot water to keep soft. For richer frosting, reduce milk to $\frac{1}{2}$ cup and increase butter to $\frac{1}{3}$ cup, boiling butter with sugar mixture. Approximate yield: frosting for tops and sides of 2 (8-inch) layers, or 2 dozen cup cakes.

MODIFICATIONS OF CARAMEL FUDGE FROSTING

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(Use recipe on page 620)

Panocha Fudge Frosting—Boil syrup to soft ball stage (238° F.); remove from heat and beat in $\frac{1}{4}$ cup butter in small amounts, beating until creamy and of right consistency to spread. Add 1 cup chopped nut meats and spread at once on cake.

Sour Cream Frosting—Substitute $1\frac{1}{2}$ cups sour cream for milk and omit butter. Add chopped walnuts to creamy frosting, if desired.

PRALINE FUDGE FROSTING

2½ cups sugar	dash of salt
1 cup maple syrup	½ teaspoon vanilla
1 cup light cream	½ cup chopped pecans

Bring sugar, syrup and cream to a boil, stirring constantly; boil, covered 3 minutes; then boil, uncovered, until a small amount forms a soft ball when dropped into cold water (236° F.), stirring occasionally. Remove from heat and add salt and vanilla. When lukewarm (110° F.), beat until mixture is stiff enough to spread; then add nuts. If frosting stiffens while spreading, place over hot water to keep soft. If desired, omit nuts and spread frosting on cake; while still soft, decorate with pecan halves or broken pecan meats. Approximate yield: frosting for tops and sides of 2 (8-inch) layers, or 2 dozen cup cakes. Double the recipe for 2 (9-inch) layers.

PECAN FUDGE FROSTING

½ cup firmly packed dark brown sugar	1 tablespoon butter
½ cup milk	½ teaspoon vanilla
	½ cup finely chopped pecans

Heat sugar and milk, stirring constantly until sugar is dissolved and mixture boils. Boil, covered, 5 minutes; then boil, uncovered, until a small amount of mixture forms a soft ball in cold water (236° F.). Add butter and vanilla. Cool to lukewarm (110° F.); beat until creamy and mixture thickens. Stir in nuts. Spread between two wafers while they are still warm. If filling hardens too quickly, place pan over hot water. Use as frosting for cake, if desired. Approximate yield: filling for 2 dozen wafers, or enough for top of small cake.

CREAMY CHOCOLATE FROSTING

2 squares chocolate	2 egg yolks, well beaten
½ cup milk	1 tablespoon butter
1½ cups sugar	1 teaspoon vanilla

Heat chocolate and milk until chocolate is melted, and beat until smooth; gradually stir sugar into egg yolks, then chocolate-milk mixture and cook 8 to 10 minutes, or until thick, stirring frequently; add butter and vanilla, and cool. When lukewarm, beat until thick enough to spread. Approximate yield: frosting for tops of 2 (9-inch) layers, or top and sides of 8-inch square cake.

QUICK CHOCOLATE FROSTING

2 squares chocolate	1 tablespoon water
1½ cups (1 can) sweetened condensed milk	⅔ teaspoon almond extract
	blanched almonds

Cook chocolate and milk in double boiler 5 minutes, or until chocolate is melted and mixture thickens, stirring until blended; add water and flavoring and cool. Spread on cake and decorate with almond halves, or sprinkle with ½ cup finely chopped almonds. Approximate yield: frosting for top and sides of 8-inch square cake, or 1 dozen cup cakes.

BUTTERSCOTCH FROSTING

3 tablespoons butter	1½ tablespoons milk
2 cups powdered sugar	½ teaspoon vanilla
	½ cup ground pecans

Brown butter and gradually stir in sugar; remove from heat, add milk and vanilla, and stir until smooth; add ground pecans. Spread thickly over cake. Approximate yield: frosting for tops of 2 (8-inch) layers, or top and sides of 8 x 8 x 2-inch cake.

NUTMEG CREAM FROSTING

1 cup sugar	½ cup sour heavy cream
	⅛ teaspoon nutmeg

Combine sugar and sour cream, and boil hard 1 minute, stirring constantly; add nutmeg and cool slightly; then beat until it thickens and becomes white, or about 20 minutes with an electric beater. Approximate yield: frosting for tops of 2 (9-inch) layers.

FILLINGS

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CREAM FILLING

$\frac{3}{4}$ cup sugar	4 egg yolks or 2 eggs
$\frac{1}{3}$ cup flour	2 cups milk, scalded
$\frac{1}{4}$ teaspoon salt	1 teaspoon vanilla

Combine dry ingredients and mix with slightly beaten egg yolks; stir in enough hot milk to make a thin paste. Then add paste to remaining hot milk and cook over boiling water 5 minutes, stirring constantly; cook 10 minutes longer, or until mixture is thickened, stirring occasionally. Cool and add vanilla. For a richer filling, add 2 tablespoons butter to cooked custard. Approximate yield: $2\frac{1}{4}$ cups filling, or filling for 5 layers, or 2 dozen large éclairs or cream puffs.

MODIFICATIONS OF CREAM FILLING

(Use recipe above)

Chocolate Cream Filling—Heat 2 squares chocolate with milk; when melted, beat with rotary beater until smooth. Increase sugar to 1 cup.

Coffee Custard Filling—Scald 2 tablespoons ground coffee with milk; then strain through fine sieve or cheesecloth.

Creamy Custard Filling—Fold $\frac{1}{2}$ cup whipped cream into cooled filling.

Butterscotch Filling—Use $\frac{1}{2}$ cup firmly packed brown sugar instead of granulated sugar; add 2 tablespoons butter to cooked filling.

Caramel Filling—Substitute 2 tablespoons Caramel Syrup (page 631) for vanilla; add 2 tablespoons butter to cooked filling.

Coconut Cream Filling—Add $\frac{1}{2}$ cup shredded coconut to filling.

Pineapple Cream Filling—Add $\frac{1}{2}$ cup crushed pineapple to cooled filling. Flavor with 1 teaspoon lemon juice instead of vanilla.

Banana Cream Filling—Add 1 medium-sized banana, diced, to cooled filling. Flavor with 1 teaspoon lemon juice instead of vanilla.



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SOUR CREAM PRUNE FILLING

2 eggs, beaten	1 cup chopped, cooked prunes
$\frac{3}{4}$ cup sugar	1 teaspoon grated lemon rind
$\frac{1}{2}$ cup sour cream	1 teaspoon vanilla

Mix together eggs, sugar, sour cream and prunes in top part of double boiler and cook over boiling water 20 minutes, or until very thick, stirring constantly. Remove from hot water, add lemon rind and vanilla, and cool. Approximate yield: filling for 2 (9-inch) layers.

LEMON FILLING

$\frac{3}{4}$ cup sugar	$\frac{3}{4}$ cup water
2 tablespoons cornstarch	3 tablespoons lemon juice
dash of salt	1 teaspoon grated lemon rind
1 egg yolk, slightly beaten	1 tablespoon butter

Combine sugar, cornstarch and salt in top part of double boiler; stir in egg yolk, water and lemon juice and cook over boiling water 5 minutes, stirring constantly; cook 10 minutes longer, or until mixture is thick, stirring occasionally. Remove from hot water and add grated lemon rind and butter; cool. Approximate yield: filling for 2 (9-inch) layers, or cake roll, 14 x 10 inches.

MODIFICATIONS OF LEMON FILLING

(Use recipe above)

Orange Filling—Combine $\frac{1}{2}$ cup sugar with $2\frac{1}{2}$ tablespoons cornstarch. Add a dash of salt and 1 egg yolk, slightly beaten. Add $\frac{1}{2}$ cup orange juice, 1 tablespoon lemon juice, and $\frac{1}{2}$ cup water. Cook over direct heat until mixture starts to bubble, stirring constantly. Then cook over hot water 10 minutes longer, stirring occasionally. Add 1 teaspoon grated orange rind and 1 tablespoon butter. Cool.

Orange Date Filling—Add $\frac{1}{2}$ cup chopped dates to Orange Filling.

Orange Coconut Filling—Add $\frac{1}{2}$ cup shredded coconut or grated fresh coconut to Orange Filling (above).

Lemon Cream Filling—When filling is cold, fold in $\frac{1}{2}$ cup heavy cream, whipped. Put between layers, grating $\frac{1}{2}$ square chocolate over top of filling. Or omit chocolate, and fold in $\frac{1}{2}$ cup plain or toasted coconut with the cream.

ROSE CAKE FILLING

6 tablespoons butter	1 teaspoon rose flavoring
1½ cups powdered sugar	2 egg whites, stiffly beaten
	rose vegetable coloring

Cream butter until very soft; gradually beat in sugar, add flavoring and beat until very light. Fold in egg whites and beat 2 minutes. Tint with rose vegetable coloring. Use filling untinted, if desired. Approximate yield: filling for 3 (9-inch) layers.

FIG FILLING

½ pound figs	1 cup sugar
6 pears, cored and pared	½ cup water

Chop figs and pears; add sugar and water and cook until thick, stirring occasionally. Approximate yield: 1½ cups filling, or filling for 2 (9-inch) layers, or 2 dozen cup cakes.

FRUIT-NUT FILLING

½ cup chopped dates	½ cup water
¼ cup chopped walnuts	1 tablespoon orange juice

Cook together dates, walnuts and water until thick. Flavor with orange juice. Approximate yield: 1 cup.

GENTLEMEN'S FAVORITE FILLING

2 apples	3 tablespoons lemon juice
1½ teaspoons grated lemon rind	1 cup sugar

Pare and grate apples, add lemon rind and juice, and sugar, and cook for 5 minutes, stirring constantly; cool. Approximate yield: filling for 2 (9-inch) layers.

APPLE GINGER FILLING

½ cup sieved, thick apple sauce	2 tablespoons chopped, preserved
½ cup heavy cream, whipped	ginger

Mix together apple sauce and ginger; fold into cream. Spread between layers just before serving, or use as topping for cake squares. Approximate yield: filling for 2 (9-inch) layers.

1 cup heavy cream, whipped

Combine nuts and apple butter and fold into whipped cream. Approximate yield: filling for 2 (9-inch) layers.

RHUBARB FILLING

1/2 cup heavy cream, whipped

Cook rhubarb, sugar and water about 20 minutes, or until rhubarb is soft and mixture thick. When cold, fold in whipped cream and use as filling for cream-puff shells. Approximate yield: 1½ cups filling, or filling for 1 dozen large cream puffs.

DESSERT SAUCES

DESSERT sauces complement many desserts that would otherwise be lacking in distinctive flavor. Rich desserts seem to require a light, delicate sauce of not too pronounced a flavor. Simple desserts are set off to advantage with sauces that contrast sharply with them in flavor. Hard sauces with butter foundation are favorites on steamed fruit puddings and certain fruit pastries. A simple foundation sauce, such as lemon or custard, can be transformed into a sauce of fluffy consistency by adding whipped egg white or cream. Left-over fresh and stewed fruits can be made into a sauce and their flavor heightened by the addition of a little wine or cordial. Wine and other flavorings should not be added to a hot sauce until just before the sauce is to be served.

ORANGE MARMALADE SAUCE

3 tablespoons orange marmalade

Bring sugar, orange juice and salt to a boil, and boil to a thick syrup, or until thermometer registers 218° F.; add marmalade and cool. Store in covered container in refrigerator. Yield: 2½ cups sauce.

LINGONBERRY SAUCE

2 cups lingonberries $\frac{3}{4}$ cup sugar
 $\frac{1}{4}$ cup water

Lingonberries or mountain cranberries are grown largely in Newfoundland, Sweden and Norway. Drain, pick over and wash; add sugar and water, bring to a boil and simmer 10 minutes. Serve hot or cold. It is often served as a Suzette sauce with Crêpes. Approximate yield: 2 cups.

CHERRY SAUCE

2 cups cherries, fresh or canned $\frac{1}{4}$ cup water or cherry juice
 (drained) 1 tablespoon sugar
 $\frac{1}{4}$ cup orange juice

Cook cherries in water until tender; if fresh, press through fine sieve; add sugar and orange juice to purée. Approximate yield: 1 cup sauce.

LEMON SAUCE

$\frac{1}{2}$ cup sugar 1 cup boiling water
 1 tablespoon cornstarch 1 teaspoon grated lemon rind
 $\frac{1}{4}$ teaspoon salt 3 tablespoons lemon juice
 2 tablespoons butter

Mix together sugar, cornstarch and salt; gradually stir in hot water, bring to a boil and cook 15 minutes, stirring until smooth, thickened and clear; stir in lemon rind and juice and butter. Approximate yield: $1\frac{1}{4}$ cups sauce, or 6 portions.

MODIFICATIONS OF LEMON SAUCE

(Use recipe above)

Golden-Lemon Sauce—Before adding lemon juice and butter, stir hot mixture gradually into 1 egg yolk, slightly beaten, and cook 1 minute, stirring constantly.

Fruit Sauce—Substitute 1 cup hot fruit juice for water; reduce lemon juice to 1 tablespoon; omit grated rind. Use less or add more sugar, if necessary, according to sweetness of juice. This is an excellent way to use left-over canned fruit juices. A little of the fruit may be diced and added to sauce, if desired. Serve with Blanc Mange (page 673) or Cottage Pudding (page 692).

DESSERT SAUCES • {FRUIT SAUCES}

- 628 **Orange Sauce**—Reduce water to $\frac{3}{4}$ cup and lemon juice to 1 tablespoon; substitute grated orange for lemon rind; add $\frac{1}{4}$ cup orange juice. Add slightly beaten egg yolk for a richer sauce.

LEMON COCONUT SAUCE

Use recipe for Lemon Sauce (page 627); add 2 tablespoons brown sugar; omit grated lemon rind and increase lemon juice to $\frac{1}{4}$ cup; add $\frac{1}{2}$ cup shredded coconut before serving. Serve, slightly cooled, on desserts or ice cream. Approximate yield: $1\frac{1}{2}$ cups sauce.

MELBA SAUCE

1 cup fresh raspberries

1 tablespoon water

$\frac{1}{2}$ cup currant jelly

$\frac{1}{2}$ cup sugar

1 teaspoon cornstarch

If frozen raspberries are used, let stand in room to soften; add jelly and water, and heat to boiling, stirring enough to prevent burning. Stir in mixture of sugar and cornstarch, and cook 10 minutes, stirring until thickened and clear; rub through strainer and cool. Serve with a peach ice cream or vanilla ice cream served with peaches. Approximate yield: $\frac{3}{4}$ cup sauce.

ORANGE-LEMON SECTIONS

1 navel orange

water

1 lemon

$\frac{2}{3}$ cup sugar

Remove sections from orange and lemon (page 66); drain and add enough water to juice to make $\frac{1}{4}$ cup liquid. Bring sugar and water to a boil, stirring until dissolved, and boil 5 minutes; add fruit sections and boil gently 5 minutes longer. Chill thoroughly before serving. Approximate yield: $\frac{3}{4}$ cup sauce.

HOT JELLY SAUCE

1 cup currant jelly

$\frac{1}{2}$ cup boiling water

2 teaspoons finely chopped orange peel

Beat all together and serve hot. Approximate yield: $1\frac{1}{4}$ cups sauce. Any candied fruit peel may be used in this recipe.

CREAMY CHOCOLATE SAUCE

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1½ cups milk	1 tablespoon flour
2 squares chocolate	dash of salt
½ cup sugar	2 tablespoons butter
	½ teaspoon vanilla

Heat milk and chocolate over boiling water; when chocolate is melted, beat with rotary beater until smooth. Combine sugar, flour and salt; gradually stir in milk-chocolate, and cook 5 minutes, stirring until thickened. Remove from heat, add butter and vanilla, and serve hot or cold. Approximate yield: 1½ cups sauce.

CUSTARD SAUCE

2 eggs, slightly beaten	dash of salt
¾ cup sugar	1½ cups milk
	½ teaspoon vanilla

Combine eggs, sugar and salt in top part of double boiler, stir in milk and place over boiling water. Cook, stirring constantly, until mixture coats the spoon. Remove, add vanilla and chill. Approximate yield: 1½ cups sauce.

BRANDY CUSTARD SAUCE

Use recipe for Custard Sauce (see above); omit vanilla and add 3 tablespoons apricot or peach brandy and a dash of nutmeg. Approximate yield: 1½ cups sauce.

CHOCOLATE CUSTARD SAUCE

1 cup milk	½ cup sugar
2 squares chocolate	⅛ teaspoon salt
2 egg yolks	½ teaspoon vanilla

Heat milk and chocolate in top part of double boiler; when chocolate is melted, beat with rotary beater until smooth. Combine egg yolks, sugar and salt; gradually stir in milk-chocolate, return to double boiler and cook, stirring constantly, until mixture coats the spoon. Add vanilla; serve hot. Approximate yield: 1½ cups sauce. Use with Cottage Pudding (page 692) with a topping of chopped nuts or shredded coconut, plain or toasted.

DESSERT SAUCES [FOAMY SAUCES]



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FOAMY YELLOW SAUCE

$\frac{1}{3}$ cup butter or margarine

1 egg, separated

1 cup confectioners' sugar

$\frac{1}{4}$ cup orange juice

Cream butter until soft; gradually beat in sugar, then egg yolk and orange juice. Just before serving, fold in the stiffly beaten egg white. For variety, flavor with 1 tablespoon brandy, or substitute sherry for orange juice. Serve with a steamed fruit pudding or Norwegian Prune Pudding (page 676). Approximate yield: $\frac{3}{4}$ cup sauce.

MODIFICATIONS OF FOAMY YELLOW SAUCE

Foamy Cranberry Sauce—Substitute sweetened cranberry juice for orange juice.

Fairy Sauce—Omit orange juice and flavor with $\frac{1}{2}$ teaspoon vanilla. Just before serving, fold in $\frac{1}{4}$ cup heavy cream, whipped, with the stiffly beaten egg white. Pile lightly into small bowl and dust with cinnamon. Approximate yield: $1\frac{1}{4}$ cups sauce.

FLUFFY DESSERT SAUCE

1 egg, separated

pinch of salt

$\frac{3}{4}$ cup powdered sugar

$\frac{1}{2}$ cup heavy cream, whipped

3 tablespoons brandy

Beat egg white until stiff; gradually add sugar, beating until mixture holds its shape; beat in salt and egg yolk. Fold in cream and brandy; chill thoroughly. Approximate yield: $1\frac{1}{2}$ cups sauce.

FOAMY EGG SAUCE

3 eggs, separated

pinch of salt

$\frac{1}{2}$ cup powdered sugar

bitter almond

$\frac{1}{8}$ teaspoon grated orange rind

Beat egg yolks until thick and light colored; gradually beat in sugar and add salt; flavor to taste and fold in stiffly beaten egg whites. Pile lightly in bowl and serve at once. Flavor with 2 tablespoons finely chopped preserved ginger and 1 teaspoon ginger syrup, 2 tablespoons sherry, or 1 tablespoon brandy, if desired. Yield: $1\frac{1}{2}$ cups sauce.

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1 cup water

CARAMEL SYRUP

1/2 cup boiling water

HOT FUDGE SAUCE

$\frac{3}{4}$ cup milk

1 tablespoon butter

½ teaspoon vanilla

CHOCOLATE MINT SAUCE

MAPLE FUDGE SAUCE

1/4 cup water

1 tablespoon butter

Bring sugar, syrup, water and butter to a boil, and boil, covered, 2 minutes; then boil, uncovered, to a syrup or until a small amount forms a very soft ball when dropped into cold water (234° F.). Serve hot or cold. Approximate yield: 1¼ cups sauce.

CARMEL FUDGE SAUCE

1½ cups sugar	1 tablespoon butter
1 cup boiling water	½ teaspoon vanilla

Melt sugar in heavy frying pan over slow heat; when light brown in color, remove from heat, stir in water, add butter and boil to a syrup or until a small amount forms a very soft ball when dropped into cold water (230° F.). Remove from heat, add vanilla and beat slightly; serve hot or cold. Approximate yield: 1 cup sauce.

BUTTERSCOTCH SAUCE

¾ cup firmly packed brown sugar	¼ cup butter
1 cup corn syrup	1 cup light cream

Boil sugar, syrup and butter 5 minutes, stirring until sugar is dissolved; add cream and bring to a brisk boil. Serve hot or cold on ice cream, other desserts or sliced bananas; it thickens as it stands. Sauce may be kept for several days if stored in a covered container in refrigerator. For a thicker sauce, boil sugar-cream mixture to 234° F. Approximate yield: 3 cups sauce.

HARD SAUCE

½ cup butter	½ teaspoon vanilla, lemon or almond
1 cup confectioners' sugar	extract, cinnamon or nutmeg
1 tablespoon cream	

Cream butter until soft; gradually beat in sugar, then cream and vanilla, beating until fluffy. Brandy, rum, sherry or port wine, or maraschino cherry juice may be substituted for cream and flavoring. Pile lightly in serving dish and chill until cold but not hard. Approximate yield: ¾ cup sauce, or enough for 4 to 6 portions.

MODIFICATIONS OF HARD SAUCE

Apricot Hard Sauce—Cook ¼ pound dried apricots (page 72), drain and force fruit through strainer; substitute pulp (½ cup) for cream, beating it gradually into creamed butter and sugar; omit vanilla.

Strawberry Hard Sauce—Omit cream and vanilla; beat in gradually ½ cup mashed strawberries, then 1 egg white, beating until light. Blackberries, raspberries or blueberries may be substituted for strawberries.

Butterscotch Hard Sauce—Substitute $\frac{1}{2}$ cup firmly packed brown sugar for confectioners' sugar; increase cream to 3 tablespoons and vanilla to 1 teaspoon. Beat in 1 egg yolk if a yellow sauce is desired.

Orange Hard Sauce—Substitute orange juice for cream, omit vanilla, and add $\frac{1}{4}$ cup chopped candied orange peel.

Ginger Hard Sauce—Omit cream and vanilla, and beat in 2 tablespoons ginger syrup and $\frac{1}{4}$ cup chopped preserved ginger.

CINNAMON HARD SAUCE

1/3 cup butter	1/2 teaspoon cinnamon
2 cups confectioners' sugar	1/3 cup corn syrup

Cream butter until soft and smooth; gradually beat in sugar-cinnamon mixture, alternately with corn syrup, beating until fluffy; chill thoroughly. Approximate yield: $1\frac{1}{3}$ cups, or enough for 8 portions.

BRANDY SAUCE

1 egg, separated	dash of salt
3/4 cup confectioners' sugar	1/2 cup heavy cream, whipped
3 tablespoons brandy	

Beat egg white until stiff; add sugar gradually, beating until sugar disappears; beat in salt and egg yolk. Fold in cream, add brandy and chill until cold, but not hard. Serve on hot or cold date-bread slice, or a steamed pudding. Approximate yield: $1\frac{1}{2}$ cups sauce.

PORT WINE SAUCE

1 cup sugar	2 egg yolks, well beaten
dash of salt	1/2 teaspoon grated lemon rind
dash of cinnamon	3 tablespoons lemon juice
1 tablespoon butter	1/2 cup wine, port or Tokay

Mix together sugar, salt and cinnamon in top part of double boiler, and stir in softened butter; add egg yolks, grated lemon rind and juice, and beat with rotary beater 10 minutes. Stir in wine, place over boiling water and beat until thick and frothy, stirring or whisking with beater; do not let it boil. Serve at once over hot or cold pudding such as plum or steamed puddings (page 696), or Blanc Mange (page 673). Approximate yield: $\frac{3}{4}$ cup sauce or enough for 6 portions.

BRANDY-APRICOT SAUCE

$\frac{1}{2}$ cup sugar	$\frac{3}{4}$ cup boiling water
1 tablespoon cornstarch	$\frac{3}{4}$ cup apricot purée
$\frac{1}{2}$ cup Cognac brandy	

Mix sugar and cornstarch; stir gradually into boiling water, and cook 15 minutes, stirring until thickened and clear. Add apricot purée and brandy, and heat thoroughly, but do not boil. Dried apricots may be used for purée; cook and force through sieve; serve hot sauce in pitcher. Approximate yield: $1\frac{3}{4}$ cups sauce, or enough for 6 to 8 portions.

KIRSCH WHIPPED CREAM

$\frac{1}{2}$ cup heavy cream	1 tablespoon shredded, blanched
$\frac{1}{4}$ cup powdered sugar	almonds
dash of salt	2 tablespoons kirsch

Put chilled cream, sugar and salt in deep bowl in pan of ice water and beat with rotary beater until thick; fold in almonds and kirsch. Serve on fruit. Approximate yield: 1 cup or enough for 6 portions.

SHERRY SAUCE

1 cup sugar	2 cups boiling water
2 tablespoons cake flour	$1\frac{1}{2}$ tablespoons lemon juice
dash of salt	$\frac{1}{2}$ cup sherry
2 tablespoons butter	

Mix sugar, flour and salt; stir gradually into boiling water, and cook 5 minutes, stirring until thickened. Add lemon juice, sherry and butter, and heat thoroughly but do not boil. Serve hot or cold with vanilla or banana ice cream or other dessert. Approximate yield: $2\frac{1}{2}$ cups sauce, or enough for 8 to 10 portions.

MADEIRA BUTTER SAUCE

$\frac{1}{2}$ cup fresh butter	1 teaspoon grated orange and lemon
$\frac{1}{3}$ cup Madeira or port wine	rind

Heat ingredients slowly until very hot but do not bring to a boil; serve hot. If desired, 3 tablespoons brandy, whiskey or rum may be substituted for the wine. Approximate yield: $\frac{2}{3}$ cup sauce, or enough for 4 to 6 small portions.

Pastries and Pies

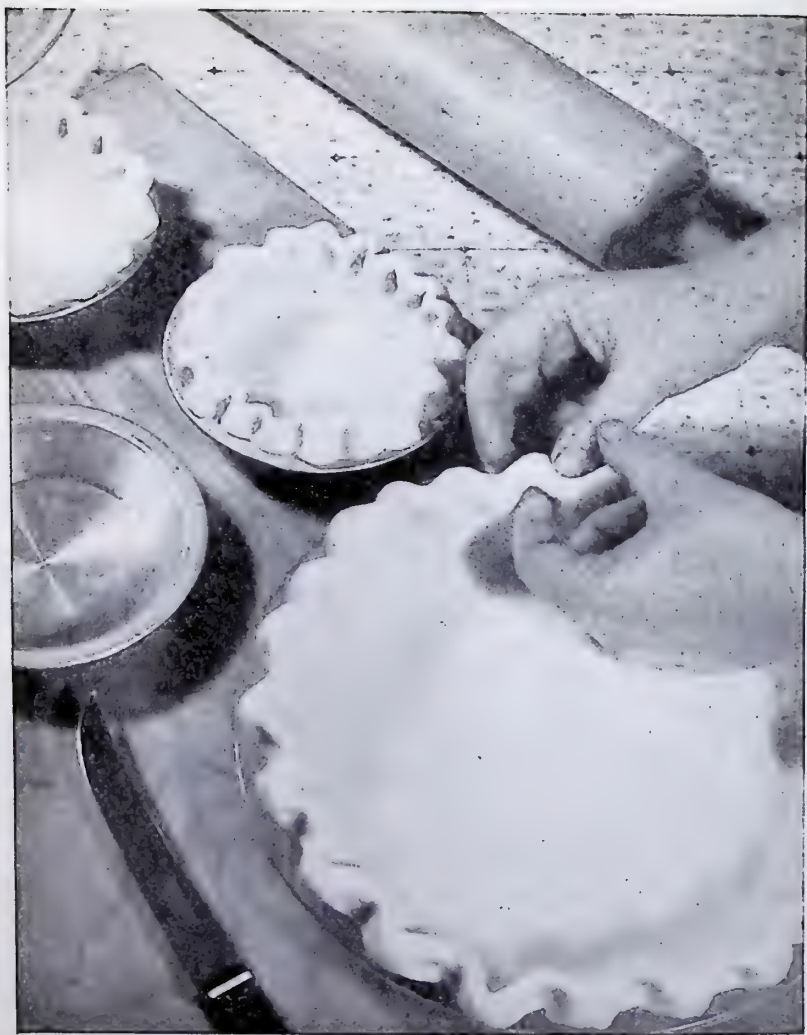
THE legend runs that if you put a fat cherry pie in front of a man, he will ask nothing better of the perfect wife. But that pie must be something special.

Characteristics. Perfect pastry is light, tender and flaky and "shatters" rather than crumbles when you bite into it. The surface is golden brown and delicately blistered, rather than smooth.

Ingredients. The following recipes are developed with all-purpose flour; pastry or cake flour makes a very tender crust and is used by many in plain pastry. Any firm sweet fat may be used. The fat should be hard when cut into the flour, yet not so brittle that it is difficult to blend with the flour. The object is to have small, uniform particles of fat coated with flour. Since steam is the chief leavener, a certain amount of liquid is essential. But too much liquid makes a hard, brittle, less tender crust; with too little water the particles of flour and fat do not stick together and the pastry is crumbly and not light and flaky when baked. The amount of liquid varies with the flour but will average 2 to 4 tablespoons per cup of flour.

PASTRY POINTERS

PASTRY varies in degrees of richness from plain pastry, containing a comparatively small amount of shortening, to rich and puff pastries containing increasing amounts of fat. In plain pastry the fat can be chopped in all at once as in making baking powder



A STANDING RIM PIE SHELL IS SIMPLE TO MAKE

To make a standing rim, roll pastry thin and cut it about an inch larger than the pan to make a double, upright fold. Then pinch it between thumb and finger to make a standing, fluted rim. A standing rim shell holds more filling than plain-edged pastry and is perfect for custard, fruit and all open-face pies. See directions for making pastry shell (page 639).

biscuits. As the fat increases, the picture changes. Instead of adding all the fat at once, a small portion is added first, then additional amounts are incorporated in layers. The layers of dough thus formed help to hold in the steam. Hence the pastry is lighter, flakier, or puffy according to the method followed.

The liquid should be added, a small amount at a time, always to a fresh, unmoistened spot. All scraps of dough should be saved until last and put together in layers before rolling. And finally, the baking must be accurate to insure flakiness. For mixing and baking directions, see recipes.

Prepared pastry mixes sold in the package are well liked by those who prefer to let others do the measuring. The dry ingredients and the fat have been carefully measured and combined after scientific testing and require only the addition of liquid to prepare the pastry for final rolling and shaping.

PLAIN PASTRY

2½ cups sifted flour	⅔ to ¾ cup shortening
¾ teaspoon salt	⅓ cup cold water (about)

Mix and sift flour and salt; cut in shortening with pastry blender or two knives until evenly mixed and like coarse sand. Add water in small amounts to dry material, stirring lightly with fork and tossing aside pieces of dough as soon as formed; use only enough water to make particles hold together. Shape lightly in ball, place in bowl and cover tightly; or wrap pieces of dough in waxed paper and press them together; chill thoroughly. Roll dough ⅛ inch thick on lightly floured board and use for pies and tart shells; bake shells in hot oven (450° F.) about 15 minutes. Yield: pastry for 1 two-crust (9-inch) pie, 2 (9-inch) shells, or 14 (4-inch) tart shells. For a two-crust (8-inch) pie, use 2 cups flour, ½ to ⅔ cup shortening, ¾ teaspoon salt, and about ¼ cup cold water.

MODIFICATIONS OF PLAIN PASTRY

Crumbly Pastry—Add 1 teaspoon baking powder and sift with flour. If a vegetable oil is used, reduce shortening to ½ cup and mix it into flour with fork; add only enough cold water to make particles cling together, and proceed as for plain pastry.

638 Hot Water Pastry—Add $\frac{1}{2}$ teaspoon baking powder and sift with flour; substitute $\frac{1}{3}$ cup boiling water for cold water and beat into shortening. Gradually stir in flour mixture and proceed as directed.

Cornish Pastry—Add $\frac{1}{2}$ teaspoon baking powder and sift with flour; use $\frac{1}{2}$ cup shortening and proceed as directed. For meat pie, hunters' style, use half lard and half finely shredded suet for shortening.

Sour Milk Pastry—Add $\frac{1}{4}$ teaspoon soda and sift with flour; substitute thick sour milk for cold water, using just enough to make a soft but not sticky dough.

Creamy Pastry—Add 1 tablespoon lemon juice and 1 egg yolk, well beaten, to $\frac{1}{4}$ cup cold water and proceed as directed.

Cheese Pastry—Add $1\frac{1}{2}$ cups grated cheese; cut with $\frac{2}{3}$ cup shortening into flour and proceed as directed. Use crust for apple pie, cheese wafers, straws, etc.

Cream Cheese Pastry—Reduce shortening to $\frac{1}{2}$ cup, add $\frac{1}{2}$ cup cream cheese and cut into flour and proceed as directed.

Nut Pastry—Add $\frac{2}{3}$ cup ground nuts, English or black walnuts, to flour mixture and proceed as directed.

DEEP-DISH PIE

Place fruit (sliced, diced or whole) in baking dish, deep pie plate, or individual baking dishes, heaping fruit slightly in center; sweeten to taste and moisten rim of dish with cold water. For 9-inch dish, use $\frac{1}{2}$ of pastry; roll $\frac{1}{8}$ inch thick to extend $\frac{1}{2}$ inch beyond rim of dish to be covered. Fold over in half and cut several slits near center to permit escape of steam, and place folded crust over half of filled dish; then unfold, adjust and trim crust, if necessary. Fold overhanging border under, press double edge against moistened rim of plate with floured fork and brush top with milk or cream. Bake in hot oven (450° F.) 10 minutes, then reduce heat to moderate (350° F.) and bake 30 to 35 minutes longer, or until filling is done and crust is browned. Apples, apricots, peaches and cherries are especially good fruits to use in pies of this type. For juicy fruits, add flour, cornstarch or quick-cooking tapioca. (See recipe for Fresh Fruit Pies, page 643.)

TWO-CRUST PIE

Use slightly more than $\frac{1}{2}$ of dough for under crust; roll $\frac{1}{8}$ inch thick. Fold dough in half and place on pie plate, unfold and fit loosely, allowing crust to extend well over rim. Trim, leaving $\frac{1}{2}$ inch border around rim of plate; fill, and moisten edge of crust with cold water. Roll remaining dough $\frac{1}{8}$ inch thick, fold over in half and cut several slits near center to permit escape of steam; place folded crust over half of filled lower crust, then unfold and adjust. Trim off edge around rim of pan; fold under crust over edge of top crust to seal and press edges of crusts together with floured fork. Bake in hot oven (450° F.) 10 minutes, then reduce heat to moderate (350° F.) and bake 30 to 35 minutes longer, or until filling is done and crust is browned. If a glazed crust is desired, brush top with milk, cream or white of egg.

LATTICE PIE

Roll $\frac{1}{2}$ of dough $\frac{1}{8}$ inch thick, fit loosely in pie plate and trim evenly, leaving a 1-inch overhanging border; fold up and back to make an upright rim, and flute with fingers; fill lined pan. Roll remaining dough $\frac{1}{8}$ inch thick, cut in narrow strips and arrange 7 or 8 strips over top; trim, moisten ends and press into standing edge. Then arrange same number of strips diagonally across first strips, making diamond-shaped openings; trim, moisten ends and press into edge. To make pie without standing rim, trim off undercrust and strips even with rim of plate, moisten edges and finish with narrow strip of pastry. Press edges together with floured fork and bake as for two-crust pie.

PASTRY SHELL

Roll $\frac{1}{2}$ of dough $\frac{1}{8}$ inch thick, fit loosely in pie plate and trim evenly, leaving a 1-inch overhanging border; fold up and back to make an upright rim and flute with fingers. To hold crust in shape during baking, line it with large piece of waxed paper and partially fill with rice or beans; or fit second pan inside on crust, weighting it down if light; or prick crust thoroughly with fork. Bake in hot oven (450° F.) about 15 minutes, removing paper or pan after first 10 minutes.

TART SHELLS

Roll pastry $\frac{1}{8}$ inch thick and cut in rounds, allowing for depth of individual tart or muffin pans; fit over inverted pans, trim edges and prick thoroughly with fork. Place pans, pastry side up, on baking sheet and bake in hot oven (450° F.) for 12 to 15 minutes, or until delicately browned. If bubbles appear during baking, prick these with fork. Remove from pans and cool.



RICH FLAKY PASTRY

Use recipe for Plain Pastry (page 637); increase shortening to 1 to 1¼ cups. Cut ½ cup shortening into flour and roll dough in rectangular shape, ¼ inch thick. Cut remaining shortening in small pieces and spread ½ over half of dough, leaving a narrow margin. Fold in half to cover shortening and press edges together; then fold opposite sides to make 3 folds, one over and the other underneath. Roll pastry ¼ inch thick, spread with remaining shortening and fold as before. Reroll and fold again as directed. Chill thoroughly. Use for fine pastries or baked shells. Bake as directed. Yield: 2 (9-inch) pastry shells, or 14 (4-inch) tart shells.

GRAHAM CRACKER PASTRY

20 graham crackers

½ cup butter

¼ cup sugar

1 tablespoon water

Roll crackers very fine, stir in sugar and gradually add to softened butter, mixing thoroughly; stir in water. Press over bottom and sides of pie plate, and bake in moderately slow oven (325° F.) about 10 minutes. Cool before adding cooked filling; use for any cream or gelatin filling. Yield: pastry for 1 (9-inch) pie.

MODIFICATIONS OF GRAHAM CRACKER PASTRY

(Use recipe above)

Graham Nut Pastry—Add ½ cup almonds, finely ground, to cracker-sugar mixture.

Zwieback Pastry—Substitute 1 package zwieback, finely ground, for graham cracker crumbs, and omit water. Press into pie plate and use, without baking, for cream or gelatin pie.

Brazil Nut Pastry—Measure 1½ cups finely ground Brazil nuts and 3 tablespoons sugar. Mix well and press evenly over bottom and sides of pie plate. Use, without baking, for cream pie. Yield: pastry for 1 (8-inch) or gelatin pie.

Vanilla Wafer Pastry—Use only ¾ cup finely crushed vanilla wafers for crumbs, and 7 whole vanilla wafers. Cover bottom of pie plate with crumbs and stand up whole wafers, cut in halves, around edge. Use, without baking, for cream-or gelatin pie. Yield: pastry for 1 pie.



SPICED PASTRY

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2 cups sifted pastry flour	¼ teaspoon ginger
¼ teaspoon baking soda	¼ teaspoon cloves
¼ teaspoon salt	⅔ cup shortening
½ teaspoon cinnamon	¼ cup molasses

3 tablespoons fruit juice

Mix and sift dry ingredients, cut in shortening and add combined molasses and juice as for pastry; for fruit pie, use juice of fruit in pastry. Roll dough ⅛ inch thick and use for pies and tart shells. Chill; bake shells in hot oven (450° F.) about 15 minutes. Yield: pastry for 1 two-crust (8-inch) pie, 2 (8-inch) shells, or 12 (4-inch) tart shells.

PUFF PASTE

3½ cups (14 oz.) sifted flour	2 cups (1 pound) butter
1½ teaspoons salt	1 to 1½ cups ice water

Mix and sift flour and salt, and cut in ¼ cup butter until evenly mixed in coarse particles; add ice water in small amounts to dry material, stirring with fork and tossing aside pieces of dough as soon as formed; dough should be just moist enough to shape into ball. Turn out on lightly floured board and knead about 5 minutes; chill thoroughly. Cream remaining butter until soft and smooth, and chill; divide dough in half and roll each into rectangular sheet ⅛ inch thick. Roll butter on lightly floured board into rectangular shape and place between two sheets of dough; press edges together. Fold opposite sides to make three folds, one over and the other underneath, and press edges together; fold other sides in same manner and chill about 1 hour. Pat dough straight with fold, then make quarter turn and pat again; roll in rectangular sheet, but do not permit butter to break through. Fold as directed; roll again in thin sheet, lifting paste to make sure that it does not stick to board; then fold and chill thoroughly. Repeat rolling, folding and chilling of dough three more times. If paste is not used at once, wrap in waxed paper and store in refrigerator; it may be kept several days before using. When ready to use, roll ¼ to ⅓ inch thick, cut as desired and place on baking sheet rinsed with cold water and drained thoroughly; prick shapes and chill. Bake in very hot oven (450°–500° F.) for 5 to 8 minutes, or until paste has risen its full height; then reduce heat to moderate (350° F.) and continue baking for 10 to 20 minutes, or until delicately browned, turning frequently. Use trimmings for small pastries; arrange pieces in layers and wrap until ready to use. Yield: 2½ to 4 dozen fancy pastries.

MODIFICATIONS OF PUFF PASTE

(Use recipe on page 641)

Patty Cases—Roll paste about $\frac{1}{4}$ inch thick; cut in 3-inch rounds with lightly floured cutter. Cut out centers from $\frac{1}{2}$ of rounds with small cutter; moisten underside of each ring with cold water and place on remaining plain rounds, pressing down lightly; then press in slightly the inside edge of ring to prevent uneven rising. Chill thoroughly. Bake small rounds for caps. Bake as directed, turning frequently for even browning. Yield: $1\frac{1}{2}$ dozen patty cases.

Bouchées—Roll paste about $\frac{1}{8}$ inch thick; shape as for patty shells, making them much smaller, $1\frac{1}{2}$ to 2 inches in diameter.

Crescents—Roll paste about $\frac{1}{3}$ inch thick; cut with floured, small crescent-shaped cutter, chill and bake as directed. Use as garnish.

Vol-au-Vent—Roll paste about $\frac{1}{3}$ inch thick; cut two large ovals or rounds, using floured mold or knife. Brush outer top edge of one with cold water; cut off a $\frac{3}{4}$ -inch wide band around edge of remaining oval and place this ring on plain oval, pressing lightly; then press in very lightly the inside edge of ring to prevent uneven rising. Prick several places with fork and chill thoroughly. Roll remaining piece $\frac{1}{4}$ inch thick and cut shape for cover. Bake in hot oven (450° F.) about 8 minutes, then reduce heat to moderate (350° F.) and continue baking 20 to 30 minutes, turning frequently. Cover with paper if paste browns too quickly.

VERMONT BISCUIT PASTRY

Use recipe for Baking Powder Biscuits (page 114); prepare dough with $\frac{1}{3}$ cup shortening, using half butter. Roll dough about $\frac{1}{2}$ inch thick, cut with floured biscuit cutter and place rounds close together on stew; or cut several gashes in rolled dough to permit escape of steam, then fit on casserole and press dough on moistened rim. Bake in hot oven (450° F.) about 15 minutes. Yield: crust for 6 to 7 portions.

DANISH PASTRY

Use 2 cups sifted pastry flour, $\frac{1}{4}$ teaspoon salt, 1 cup shortening and 1 cup riced cold potatoes. Follow direction for Plain Pastry (page 637) stirring in potatoes at the last.

FRESH FRUIT PIES

3 to 4 cups prepared fruit	¼ teaspoon salt
1 to 1½ cups sugar	1 recipe Plain Pastry (page 637)
1 to 2 tablespoons flour, cornstarch, quick-cooking tapioca, or sifted cracker crumbs	1 tablespoon butter milk or cream

Prepare fruit, add combined dry ingredients, adjusting amounts of sugar and flour according to sweetness and juiciness of fresh fruit, and mix thoroughly. Line pie plate with pastry, fill with fruit mixture, and dot with butter; adjust top crust, or arrange lattice of pastry strips on top, brush with milk and bake in hot oven (450° F.) 10 minutes; then reduce heat to moderate (350° F.) and bake 20 to 30 minutes longer. Yield: 1 two-crust (9-inch) pie.

For fruit, use blackberries, blueberries, elderberries, loganberries, raspberries, strawberries, cherries, grapes, peaches, plums, rhubarb, or a combination of fruits. If fruit is bland, add from 1 to 2 tablespoons lemon juice; and if fruit is dry, add 2 or more tablespoons water.

CANNED OR COOKED FRUIT PIES

2 to 2½ cups drained, canned or cooked fruit	1 to 2 tablespoons flour, cornstarch or quick-cooking tapioca
½ to ¾ cup juice	¼ teaspoon salt
¼ to ¾ cup sugar	1 recipe Plain Pastry (page 637)
	1 tablespoon butter

Slice fruit if large fruit is used; add juice and combined dry ingredients, adjusting amounts of sugar and flour according to sweetness and juiciness of cooked fruit, and mix thoroughly. Line pie plate with pastry and fill with fruit mixture; dot with butter and adjust top crust, or arrange lattice of pastry strips on top. Bake in hot oven (450° F.) 10 minutes; then reduce heat to moderate (350° F.) and bake about 25 minutes longer. Yield: 1 two-crust (9-inch) pie.

For fruit, use apples, blackberries, blueberries, cherries, elderberries, gooseberries, peaches, pineapple, plums, raspberries, and strawberries.

DRIED FRUIT PIES

Use recipe for Canned or Cooked Fruit Pies (see above). Wash dried fruit thoroughly in warm water, cover with hot water and soak about 2 hours; then simmer until fruit is plump and soft; sweeten to taste and use as cooked fruit. Use apples, apricots, prunes, peaches and raisins; combine apricots and prunes in equal amounts.



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DEEP-DISH APPLE PIE

6 to 8 apples	$\frac{1}{8}$ teaspoon nutmeg
1 cup sugar	3 tablespoons water
$\frac{1}{2}$ teaspoon salt	2 tablespoons butter
$\frac{1}{2}$ teaspoon cinnamon	$\frac{1}{2}$ recipe Plain Pastry (page 637)

Pare, core and cut apples in thin slices; place in baking dish or deep pie plate and sprinkle with mixture of sugar, salt, and spices. Pour water over filling and dot with butter; adjust pastry, rolled $\frac{1}{8}$ inch thick, over top. Bake in hot oven (450° F.) 10 minutes; then reduce heat to moderate (350° F.) and bake 40 to 50 minutes longer, or until apples are tender. Approximate yield: 1 deep-dish (9-inch) pie.

MODIFICATIONS OF DEEP-DISH APPLE PIE

Devonshire Pie—Use 1 quart raspberries and 1 pint red currants; combine 1 cup granulated sugar, 2 tablespoons flour and $\frac{1}{8}$ teaspoon salt. Arrange fruits and sugar in mixture in alternate layers, dot with 1 tablespoon butter and cover with pastry. Bake as directed, reducing time to 30 minutes, and cool. Just before serving, carefully lift off crust and cover with $\frac{1}{3}$ cup heavy cream, whipped and sweetened with 2 tablespoons powdered sugar. Replace crust, dust with 1 tablespoon powdered sugar and serve at once. Yield: 1 deep-dish (9-inch) pie.

Snow-topped Apple Pies—Place filling for Deep-dish Apple Pie in individual baking dishes, heaping fruit slightly in center. Cover each with crust and bake as directed, reducing time to about 30 minutes. Serve hot topped with Frozen Cream Whip (page 726), or ice cream. Approximate yield: 6 individual pies.

RHUBARB LEMON PIE

1 recipe Plain Pastry (page 637)	1 egg, beaten
3 cups diced rhubarb	$\frac{3}{4}$ teaspoon grated lemon rind
1 cup sugar	1 tablespoon lemon juice
1 tablespoon flour	$\frac{1}{2}$ cup water

Line pie plate with pastry and fill with diced rhubarb. Combine sugar and flour, and stir in egg, lemon rind and juice, and water; cook over boiling water until slightly thickened, pour over rhubarb and top with a lattice crust. Bake in hot oven (450° F.) 10 minutes; then reduce heat to moderate (350° F.) and bake 20 to 30 minutes longer. Yield: 1 two-crust (9-inch) pie.

CANDY APPLE PIE

2 large tart apples	$\frac{1}{2}$ cup butter
1 cup firmly packed brown sugar	$\frac{3}{4}$ cup ground nuts
1 cup sifted flour	1 cup heavy cream, whipped

Pare apples and cut in thin slices; arrange layer of sliced apples in bottom of greased baking dish, sprinkle with $\frac{1}{2}$ cup brown sugar, and add another layer of apples. Combine remaining $\frac{1}{2}$ cup sugar, flour and ground nuts; gradually stir into butter, creamed until soft and smooth. Roll or pat out into shape the size of top of dish, then place over filling, press edges down and cut gashes to permit escape of steam. Bake in moderate oven (350° F.) about 1 hour. Serve warm with whipped cream. Yield: 6 portions.

APPLE PIE

1 recipe Plain Pastry (page 637)	$\frac{1}{4}$ teaspoon salt
6 to 8 tart apples	$\frac{1}{2}$ teaspoon cinnamon or nutmeg
$\frac{3}{4}$ cup white or $\frac{1}{2}$ cup firmly packed brown sugar	$\frac{1}{2}$ teaspoon grated lemon rind
	1 tablespoon lemon juice
2 tablespoons butter	

Line (9-inch) pie plate with pastry and fill with apples, pared and sliced thin; sprinkle with mixture of sugar, salt, spice and lemon rind, then with lemon juice and dot with butter. Moisten edge of crust, cover with top crust and press edges together; brush crust with milk or cream. Bake in hot oven (450° F.) 10 minutes; then reduce heat to moderate (350° F.) and bake 40 to 50 minutes longer. Yield: 1 two-crust (9-inch) pie.

MODIFICATIONS OF APPLE PIE

Apple Fruit Pie—Use 4 apples, diced, and add 1 cup each cranberries and raisins, and $\frac{1}{4}$ cup water; cook until apples are tender. Add remaining ingredients and $\frac{1}{4}$ cup sugar, if not sweet enough.

Crabapple Pie—Substitute 3 cups sliced, unpeeled crabapples for apples, and omit cinnamon and lemon rind and juice. Add $\frac{1}{3}$ cup raisins to sugar and sprinkle 1 teaspoon vanilla over top.

Black Walnut Apple Pie—Make Nut Pastry (page 638) with black walnuts. Use 3 cups sliced apples; substitute $\frac{1}{2}$ cup honey for sugar and omit lemon rind and juice. Sprinkle cinnamon and 1 tablespoon water over top and dot with 1 tablespoon butter.

PASTRIES AND PIES [FRUIT PIES]



- 646 **Applesauce Pie**—Substitute 1 cup unsweetened applesauce for sliced apples; sweeten to taste and add salt, nutmeg and butter. Mix with custard mixture made from 2 eggs, well beaten, 2 cups milk and finely chopped rind of 1 lemon. Turn into pastry-lined pie plate and arrange lattice of pastry strips over top, or omit pastry strips and top with sweetened whipped cream.

SPICED GOOSEBERRY PIE

3 cups gooseberries	½ teaspoon cinnamon
1½ cups sugar	½ teaspoon cloves
½ cup water	⅛ teaspoon nutmeg
2 tablespoons flour	1 recipe Plain Pastry (page 637)
dash of salt	1 tablespoon butter
	marshmallows

Cook gooseberries, 1 cup sugar and water until berries are tender. Combine remaining ½ cup sugar, flour, salt and spices; stir into cooked fruit and cool. Line 9-inch pie plate with pastry; fill with fruit mixture, dot with butter and arrange lattice of pastry strips on top. Bake in hot oven (450° F.) 10 minutes; then reduce heat to moderate (350° F.) and bake 20 to 25 minutes longer. When almost brown enough to serve, remove from oven, place a marshmallow in each diamond-shaped opening and return to oven to finish browning. Yield: 1 two-crust (9-inch) pie.

WINTER FRUIT PIE

1 recipe Plain Pastry (page 637)	¼ cup prune juice
¾ cup drained, canned apricots	¼ cup apricot juice
¾ cup drained, canned or cooked prunes	¾ cup sugar
¼ cup orange juice	¼ teaspoon salt
¼ cup lemon juice	¼ cup flour
	½ cup water

Line 9-inch pie plate with pastry. Cut apricots in half and prunes in quarters; combine fruit juices, sugar and salt, and add to prunes and cook about five minutes. Mix flour and water to a paste; stir into prune mixture and cook until thick, or about 10 minutes, stirring occasionally; add apricots. Turn into pastry-lined plate and arrange lattice of pastry strips over top, and bake in hot oven (450° F.) 10 minutes; then reduce heat to moderate (350° F.) and bake 20 to 25 minutes longer. Yield: 1 two-crust (9-inch) pie.



CRANBERRY-RAISIN PIE

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| 1 recipe Plain Pastry (page 637) | $\frac{3}{4}$ cup sugar |
| 1 cup cranberries, cut in halves | $\frac{1}{2}$ tablespoon flour |
| 1 cup raisins | dash of salt |
| 1 tablespoon butter | |

Line pie plate with pastry. Mix together fruits and dry ingredients, and turn into pastry-lined plate; dot with butter and adjust top crust, or arrange lattice of pastry strips over top. Bake in hot oven (450° F.) 10 minutes; then reduce heat to moderate (350° F.) and bake 30 to 40 minutes longer. Yield: 1 two-crust (9-inch) pie.

MINCEMEAT

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| 2 pounds lean beef | 1 tablespoon salt |
| 3 cups water | 1 tablespoon cinnamon |
| 1 pound suet | 1 teaspoon allspice |
| 4 pounds tart apples | 1 teaspoon cloves |
| 3 pounds seedless raisins | 2 cups granulated sugar |
| 1 pound currants | 2 cups firmly packed brown sugar |
| 1 cup diced candied orange peel | 1 cup molasses |
| $\frac{1}{4}$ pound citron, chopped | 3 tablespoons lemon juice |
| 1 pint cider or brandy | |

Use inexpensive cut of meat, or beef heart or fresh beef tongue; cut in small pieces, add water, bring to a boil and simmer, covered, 2 hours, or until tender; remove meat and measure $1\frac{1}{2}$ cups stock. Put meat, suet, pared and cored apples through food chopper and place in large kettle; add raisins, currants, orange peel, citron, salt, spices, sugars, molasses and $1\frac{1}{2}$ cups stock, and simmer about 1 hour, stirring frequently to prevent burning; add lemon juice and cider the last 5 minutes of cooking. Place in earthenware jar, cover closely and keep in cool place. Use about 2 cups for 9-inch pie. Approximate yield: 8 quarts.

MINCE PIE

Use 2 cups mincemeat, prepared (see above) or commercial; moisten with left-over canned fruit juice, orange juice, cider or brandy if thick; add chopped apple, $\frac{1}{2}$ cup raisins or currants if lacking in fruit, and heat. Bake in moderate oven (375° F.) 1 hour. Yield: 1 two-crust (9-inch) pie. With commercial packaged mincemeat, follow directions for cooking given on package for best results.



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CUSTARD PIE

½ recipe Plain Pastry (page 637)	¼ teaspoon salt
4 eggs, well beaten	few gratings nutmeg, or
½ cup sugar	½ teaspoon vanilla
3 cups milk, scalded	

Line 9-inch pie plate with pastry and make fluted standing rim. Combine eggs, sugar and salt; gradually stir in milk. Add flavoring. Pour into pastry-lined pie plate and bake in hot oven (450° F.) 10 minutes; then reduce heat to moderate (350° F.) and bake 25 to 30 minutes longer, or until inserted knife comes out clean. Cool. Yield: 1 one-crust (9-inch) pie.

MODIFICATIONS OF CUSTARD PIE

Custard Nut Pie—Increase sugar to 1 cup and add 1 cup finely ground nuts to custard mixture. On baking, nuts rise to top and make a delicious crust.

Coconut Custard Pie—Add 1 cup shredded coconut to custard.

Caramel Custard Pie—Increase sugar to ¾ cup; caramelize ½ cup of the sugar (page 631) and add to scalded milk.

Masquerade Custard Pie—Melt 2 squares chocolate over slow heat; stir in ¼ cup each sugar and hot water, adding water in small amounts, and cook until smooth. Pour over custard pie when just baked and continue baking in slow oven (300° F.) about 10 minutes, or until chocolate is firm. Garnish with whipped cream.

CRANBERRY CUSTARD PIE

½ recipe Plain Pastry (page 637)	3 eggs, slightly beaten
4 cups cranberries	¼ teaspoon salt
1½ cups sugar	dash of cinnamon
1¼ cups milk, scalded	

Line 9-inch pie plate with pastry. Put cranberries through food chopper, using finest knife; add 1¼ cups sugar and heat until sugar is dissolved, stirring constantly. Spread over bottom of pastry-lined plate. Combine eggs, remaining ¼ cup sugar, salt and cinnamon; gradually stir in milk. Pour custard mixture over cranberries and bake in hot oven (450° F.) 10 minutes; then reduce heat to moderate (350° F.) and bake 30 to 40 minutes longer. Yield: 1 one-crust (9-inch) pie.

SOUR CREAM RAISIN PIE

$\frac{1}{2}$ recipe Plain Pastry (page 637)	$\frac{1}{8}$ teaspoon salt
2 eggs, slightly beaten	$\frac{1}{2}$ teaspoon nutmeg
1 cup sugar	$\frac{1}{2}$ teaspoon cinnamon
1 cup sour cream	1 cup chopped raisins
1 tablespoon flour	$\frac{1}{2}$ cup chopped butternuts

Line 9-inch pie plate with pastry. Beat together eggs and sugar; gradually stir in sour cream. Mix together flour, salt, and spices; stir into raisins and nuts. Add to egg-cream mixture, then turn into pastry-lined plate. Bake in hot oven (450° F.) 10 minutes; then reduce heat to moderate (350° F.) and bake 25 to 30 minutes longer, or until knife inserted comes out clean. Yield: 1 one-crust (9-inch) pie.

SOUTHERN PECAN PIE

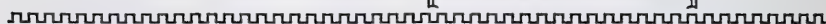
$\frac{1}{2}$ recipe Plain Pastry (page 637)	$\frac{3}{4}$ cup dark corn syrup
$\frac{1}{4}$ cup butter	3 eggs, well beaten
$\frac{2}{3}$ cup firmly packed brown sugar	1 cup pecan halves
dash of salt	1 teaspoon vanilla

Prepare pastry, using amounts for smaller recipe; line 8-inch pie plate with pastry. Cream together butter, brown sugar and salt; stir in remaining ingredients. Turn into pastry-lined plate and bake in hot oven (450° F.) 10 minutes; then reduce heat to moderate (350° F.) and bake 30 to 35 minutes longer, or until knife inserted comes out clean; cool. Serve with whipped cream, if desired. Yield: 1 one-crust (8-inch) pie.

RHUBARB BUTTERSCOTCH PIE

$\frac{1}{2}$ recipe Plain Pastry (page 637)	3 tablespoons flour
3 cups chopped rhubarb	dash of salt
$\frac{1}{2}$ cup firmly packed brown sugar	2 eggs, beaten
	3 tablespoons heavy cream

Line pie plate with pastry and fill with rhubarb. Combine remaining ingredients; spread over rhubarb. Bake in hot oven (450° F.) 10 minutes; then reduce heat to moderate (350° F.) and bake 20 to 25 minutes longer, or until rhubarb is tender and custard is set. Yield: 1 one-crust (9-inch) pie. Tart apples may be substituted for rhubarb. Serve with whipped cream, if desired.



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PUMPKIN OR SQUASH PIE

$\frac{1}{2}$ recipe Plain Pastry (page 637)	$\frac{1}{2}$ teaspoon nutmeg
3 eggs, well beaten	$\frac{1}{2}$ teaspoon ginger
1 cup sugar	$\frac{1}{4}$ teaspoon cloves
1 teaspoon salt	2 cups strained cooked pumpkin
$\frac{1}{2}$ teaspoon cinnamon	or squash
	2 cups milk, scalded

Line 9-inch pie plate with pastry and make fluted standing rim. Combine eggs, sugar, salt and spices; gradually stir in milk, then pumpkin. Turn into pastry-lined plate and bake in hot oven (450° F.) 10 minutes; then reduce heat to moderate (350° F.) and bake 20 to 25 minutes longer, or until knife comes out clean when inserted in custard. Yield: 1 one-crust (9-inch) pie.

MODIFICATION OF PUMPKIN PIE

(Use recipe above)

Rich Pumpkin Pie—Substitute $\frac{1}{2}$ cup firmly packed brown for granulated sugar, reduce milk to $1\frac{1}{2}$ cups and add $\frac{1}{2}$ cup light cream.

Peanut* Pumpkin Pie—Turn pumpkin mixture into pastry-lined pie plate, sprinkle $\frac{1}{4}$ cup finely chopped peanuts over top.

Pumpkin Nut Pie—Stir $\frac{1}{2}$ cup grated coconut and $\frac{1}{4}$ cup finely chopped nut meats into pumpkin mixture; turn into pastry-lined pie plate. Sprinkle top with additional coconut, if desired.

ALABAMA SWEET POTATO PIE

$\frac{1}{2}$ recipe Plain Pastry (page 637)	$\frac{1}{4}$ teaspoon cinnamon
$1\frac{1}{2}$ cups mashed, hot sweet potatoes	$\frac{1}{4}$ teaspoon ginger
3 eggs, slightly beaten	$\frac{1}{4}$ teaspoon allspice
$\frac{1}{3}$ cup firmly packed brown sugar	$\frac{1}{2}$ cup milk
$\frac{1}{2}$ teaspoon salt	$\frac{1}{4}$ cup brandy
	2 tablespoons butter, melted

Prepare pastry, using amounts for smaller recipe; line 8-inch pie plate with pastry. Mix together ingredients in order given; turn into prepared pie plate and bake in hot oven (450° F.) 10 minutes; then reduce heat to moderate (350° F.) and bake 25 to 35 minutes longer, or until knife inserted comes out clean. Yield: 1 one-crust (8-inch) pie.

CREAM PIE

1 cup sugar	2 cups milk, scalded
½ cup flour or 3 tablespoons cornstarch	3 eggs, separated
½ teaspoon salt	2 tablespoons butter
	1 teaspoon vanilla
1 baked (9-inch) pastry shell	

Mix together $\frac{2}{3}$ cup sugar, flour and salt; gradually stir in milk and cook over boiling water 10 minutes, stirring constantly until mixture thickens. Stir small amount into slightly beaten egg yolks; then gradually pour into thickened milk and cook about 2 minutes, stirring constantly. Add butter and vanilla and cool slightly; turn into baked pastry shell. Cover with meringue made by gradually beating remaining $\frac{1}{3}$ cup sugar into stiffly beaten egg whites. Bake in moderate oven (350° F.) about 15 minutes, or until delicately browned; chill. If made with 2 eggs, use $\frac{3}{4}$ cup sugar. If desired, omit meringue and serve with whipped cream, sweetened. Yield: 1 one-crust (9-inch) pie.

MODIFICATIONS OF CREAM PIE

Coconut Cream Pie—Stir $\frac{1}{2}$ cup shredded coconut into cream filling; cover with meringue and sprinkle with $\frac{1}{2}$ cup coconut.

Chocolate Cream Pie—Add 2 squares chocolate to milk and heat until chocolate is melted; then beat until smooth; reduce flour to 5 tablespoons or cornstarch to $1\frac{2}{3}$ tablespoons and proceed as for Cream Pie.

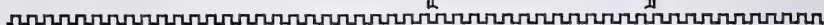
Chocolate Sponge Pie—Prepare Chocolate Cream Pie, folding meringue into cream filling. Bake as directed. Chill. Serve with sweetened whipped cream, using $\frac{1}{2}$ cup heavy cream and 1 tablespoon sugar.

Butterscotch Cream Pie—Substitute $\frac{1}{2}$ cup firmly packed brown for granulated sugar and increase butter to 3 tablespoons.

Raspberry Cream Pie—Lightly stir 1 cup raspberries into cream filling just before turning into baked shell; cover with meringue and brown.

Strawberry Cream Pie—Use 2 egg yolks in Cream Filling; turn into baked pie shell and arrange 1 cup strawberries, whole or halved, on filling. Cover with meringue made by beating 2 egg whites with 1 cup powdered sugar and 1 cup strawberries until very stiff, or about 10 minutes with electric beater. Chill in refrigerator $\frac{1}{2}$ hour.

PASTRIES AND PIES [[LEMON PIES]]



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LEMON MERINGUE PIE

1½ cups granulated sugar	• 3 eggs, separated
2 tablespoons cornstarch	1½ teaspoons grated lemon rind
¼ cup cake flour	6 tablespoons lemon juice
¼ teaspoon salt	2 tablespoons butter
2 cups boiling water	1 baked (9-inch) pastry shell
6 tablespoons powdered sugar	

Combine granulated sugar, cornstarch, flour and salt; gradually stir in boiling water and cook 15 minutes, stirring constantly until mixture thickens, then occasionally. Mix together slightly beaten egg yolks, lemon rind and juice; add to thickened sugar-water mixture and cook 2 minutes, stirring constantly. Add butter. When slightly cool, turn into baked pastry shell, cover with meringue made by gradually beating powdered sugar into stiffly beaten egg whites. Bake in moderate oven (350° F.) about 15 minutes. Yield: 1 one-crust (9-inch) pie.

FLUFFY LEMON PIE

4 eggs, separated	1 tablespoon water
1 cup sugar	2 teaspoons grated lemon rind
1 tablespoon cornstarch	5 tablespoons lemon juice
⅛ teaspoon salt	1 baked (9-inch) pastry shell

Combine slightly beaten egg yolks, ½ cup sugar, cornstarch, salt, water, lemon rind and juice; cook over boiling water 15 minutes, stirring constantly until thick. Fold into meringue made by gradually beating remaining ½ cup sugar into stiffly beaten egg whites. Turn into baked pastry shell and bake in moderate oven (350° F.) about 15 minutes, or until delicately browned. Yield: 1 one-crust (9-inch) pie.

BLUEBERRY MERINGUE PIE

3 cups blueberries	1 tablespoon lemon juice
1 cup granulated sugar	2 eggs, separated
2 tablespoons flour	1 baked (9-inch) pastry shell
¼ teaspoon salt	2 tablespoons powdered sugar

Mix together blueberries, granulated sugar, flour, salt, lemon juice and egg yolks, and cook over boiling water 10 minutes, or until thick, stirring constantly. Cool slightly; turn into baked pastry shell. Cover with meringue made by gradually beating powdered sugar into stiffly beaten egg whites. Bake in moderate oven (350° F.) about 15 minutes, or until delicately browned. Yield: 1 one-crust (9-inch) pie.

HAWAIIAN APPLE PIE

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| 1 cup drained, canned crushed pine-apple | 1 tablespoon cornstarch |
| 1 cup unsweetened applesauce | 2 eggs, separated |
| ½ cup granulated sugar | 1 tablespoon butter |
| dash of salt | 1 baked (9-inch) pastry shell |
| | 2 tablespoons powdered sugar |

Mix together fruits, granulated sugar, salt and cornstarch, and cook 10 minutes, stirring frequently. Gradually stir in well-beaten egg yolks and butter and cook 2 minutes, stirring constantly; cool. Turn into baked pastry shell. Cover with meringue made by gradually beating powdered sugar into egg whites, beaten until thick, then beating until mixture is stiff and stands up in peaks. Pile lightly on filling and bake in moderate oven (350° F.) about 15 minutes, or until meringue is delicately browned. Yield: 1 one-crust (9-inch) pie.

MAGIC BLACKBERRY PIE

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| 1 recipe Vanilla Wafer Pastry
(page 640) | 1 cup blackberries |
| 1 cup sweetened condensed milk | ½ cup heavy cream, whipped |
| ¼ cup lemon juice | 2 tablespoons powdered sugar |
| | 1 teaspoon vanilla |

Prepare 8-inch pie plate with Vanilla Wafer Pastry. Combine condensed milk and lemon juice; add blackberries and turn mixture into prepared pie plate. Top with whipped cream, sweetened and flavored. Yield: 1 one-crust (8-inch) pie.

LEMON CHIFFON PIE

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| 1 tablespoon gelatin | 1½ teaspoons grated lemon rind |
| ¼ cup water | 6 tablespoons lemon juice |
| 4 eggs, separated | 1 baked (9-inch) pastry or Cream |
| 1 cup sugar | Cheese Pastry (page 638) shell |
| ½ teaspoon salt | 1 cup heavy cream, whipped |

Soften gelatin in 2 tablespoons water. Combine slightly beaten egg yolks, ½ cup sugar, salt, lemon rind and juice, and remaining 2 tablespoons water; cook over boiling water until mixture thickens, stirring constantly. Add softened gelatin, stirring until gelatin is dissolved; cool until mixture begins to thicken. Then gradually beat remaining ½ cup sugar into stiffly beaten egg whites and fold into lemon-gelatin mixture. Turn into baked pastry shell and chill until firm. When ready to serve, top with whipped cream. Yield: 1 one-crust pie.

MODIFICATIONS OF LEMON CHIFFON PIE

(Use recipe on page 653)

Lime Chiffon Pie—Substitute 1 teaspoon grated lime rind for lemon rind and $\frac{1}{3}$ cup lime juice for lemon juice; add 2 teaspoons Angostura, if desired.

Pineapple Chiffon Pie—Reduce water to 2 tablespoons and sugar to $\frac{3}{4}$ cup; use $\frac{3}{4}$ cup drained, cooked, crushed pineapple, $\frac{1}{4}$ cup pineapple juice and 1 tablespoon lemon juice for fruit and juice, and omit grated lemon rind.

COFFEE SPONGE PIE

1 tablespoon gelatin	1 cup very strong coffee
$\frac{1}{4}$ cup cold water	$\frac{1}{4}$ teaspoon salt
3 eggs, separated	1 teaspoon vanilla
1 cup sugar	1 baked (9-inch) pastry shell
1 cup heavy cream, whipped	

Soften gelatin in cold water. Beat egg yolks until light and lemon-colored; gradually beat in $\frac{1}{2}$ cup sugar, add coffee slowly, then salt. Place over boiling water and cook 5 minutes, stirring constantly. Add softened gelatin and stir until gelatin is dissolved; chill until mixture begins to thicken. Gradually beat remaining $\frac{1}{2}$ cup sugar into stiffly beaten egg whites, add vanilla; then fold in slightly thickened coffee-gelatin mixture. Turn into baked pastry shell and chill until firm. Cover with whipped cream when ready to serve. Yield: 1 one-crust (9-inch) pie.

APRICOT GLACÉ PIE

2 cups drained canned apricots	$\frac{1}{2}$ cup water
$\frac{1}{4}$ cup sugar	$\frac{1}{8}$ teaspoon salt
1 package lemon-flavored gelatin	1 baked (9-inch) pastry shell
$1\frac{1}{2}$ cups apricot juice, hot or boiling	$\frac{1}{2}$ cup heavy cream, whipped

Combine apricots and sugar; chill. Dissolve flavored gelatin in hot or boiling apricot juice as directed on package. Add water and salt, and chill until it begins to thicken. Arrange apricots in baked pastry shell; cover with slightly thickened gelatin mixture. Chill until firm; then pile whipped cream on pie. Canned peaches, pineapple or cherries may be substituted for apricots, if desired. Yield: 1 one-crust (9-inch) pie.

PUMPKIN CHIFFON PIE

1 recipe Brazil Nut Pastry (page 640)	$\frac{3}{4}$ teaspoon salt
1 tablespoon gelatin	1 teaspoon cinnamon
$\frac{1}{4}$ cup cold water	$\frac{1}{2}$ teaspoon ginger
$1\frac{1}{2}$ cups cooked pumpkin	2 eggs, separated
$\frac{1}{2}$ cup sugar	1 cup milk
	$\frac{1}{4}$ cup shredded Brazil nuts, toasted

Line 8-inch pie plate with nut pastry. Soften gelatin in cold water. Combine pumpkin, $\frac{1}{4}$ cup sugar, salt, spices, slightly beaten egg yolks and milk; cook over boiling water 5 minutes, stirring constantly; add softened gelatin and stir until gelatin is dissolved. Chill until slightly thickened. Then gradually beat remaining $\frac{1}{4}$ cup sugar into stiffly beaten egg whites; fold into thickened pumpkin-gelatin mixture. Put into prepared plate and top with shredded nuts. Chill until firm. Yield: 1 one-crust (8-inch) pie.

WHITE GRAPE TARTS

1 package lemon-flavored gelatin	$\frac{1}{2}$ tablespoon vinegar
$1\frac{1}{2}$ cups water, hot or boiling	2 cups seeded white grapes
$\frac{1}{3}$ cup pineapple juice	$\frac{1}{2}$ cup sugar
1 tablespoon lemon juice	1 cup heavy cream, whipped
6 baked tart shells	

Dissolve flavored gelatin in hot or boiling water as directed on package; add fruit juices and vinegar, and chill. Mix together grapes and sugar, and let stand 10 minutes; add to gelatin mixture and chill, stirring occasionally. When slightly thickened, fold 4 tablespoons clear gelatin (without fruit) into whipped cream; place 1 tablespoon cream mixture in tart shell and chill about 10 minutes, or until set. Then fill tart shells with thickened grape gelatin and top with gelatin-cream mixture. Chill. Yield: 6 (4-inch) tarts.

PEACH TARTS

$\frac{1}{3}$ cup heavy cream, whipped	4 baked tart shells
1 tablespoon peach syrup	4 canned peach halves
2 teaspoons orange marmalade	

Sweeten whipped cream with peach syrup; place 1 heaping tablespoon in each baked tart shell, then place peach half on top, hollow side up. Fill hollow with cream and top with marmalade. Yield: 4 tarts.



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PUMPKIN-MARMALADE TARTS

Use recipe for Pumpkin Pie (page 650), preparing full recipe for Plain Pastry. Line tart pans with pastry and place 1 teaspoon orange marmalade in each. Fill with pumpkin mixture. Bake in hot oven (450° F.) 10 minutes; then reduce heat to moderate (350° F.) and bake 20 to 30 minutes longer, or until knife inserted comes out clean. Cool. Top with whipped cream. Yield: 14 (4-inch) tarts.

ORANGE JELLIED TARTS

Follow method for White Grape Tarts (page 655), using orange juice or a mixture of hot water and fruit juice to dissolve the orange gelatin. Use the sections of 4 small oranges in place of grapes, and let fruit stand with sugar 1 hour.

CHOCOLATE TARTS

2 squares chocolate, melted	½ cup hot water
1½ cups (1 can) sweetened condensed milk	4 baked (4-inch) tart shells
	1 tablespoon powdered sugar
½ cup heavy cream, whipped	

Melt chocolate over hot water, add condensed milk and cook 5 minutes, or until mixture thickens, stirring constantly. Then stir in hot water. Turn into baked tart shells; cool. Garnish with sweetened whipped cream. Chocolate may be grated over top, if desired. Yield: 4 tarts.

APRICOT RUM TARTS

1 recipe Spiced Pastry (page 641)	12 canned apricot halves
⅓ cup, firmly packed brown sugar	2 packages (3 oz.) cream cheese
2 tablespoons cornstarch	1 teaspoon rum flavoring
1⅛ cups apricot juice	1 teaspoon milk
2 tablespoons butter	1 cup heavy cream, whipped

Use apricot juice for pastry. Line large muffin pans with pastry, flute edges and perforate shells with fork. Bake in hot oven (450° F.) about 15 minutes; remove from pans and cool. Combine sugar and cornstarch; gradually stir in apricot juice and add butter. Bring to a boil and cook 15 minutes, stirring constantly until mixture thickens. Add apricots and chill. Beat cream cheese until smooth, adding flavoring and milk; place about 2 tablespoons in each tart shell. Fill with fruit mixture and top with whipped cream. Yield: 12 tarts.

BANBURY TARTLETS

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| 1 recipe Plain Pastry (page 637) | 1½ teaspoons grated lemon rind |
| 1 cup chopped raisins | 3 tablespoons lemon juice |
| 1 cup sugar | 1 egg, slightly beaten |
| 1 tablespoon cracker crumbs | |

Roll pastry $\frac{1}{8}$ inch thick; cut in 4-inch squares. Combine ingredients in order given; place scant tablespoon on half of each pastry square. Wet edges with cold water and fold over to form triangle or rectangle, or turn up to form tricorner; press edges together with floured fork, prick top and chill. Bake in hot oven (450° F.) about 15 minutes. Approximate yield: 1½ dozen tartlets.

MODIFICATIONS OF BANBURY TARTLETS

(Use recipe above)

Mincemeat Tartlets—For filling, mix together 1 cup mincemeat and 1 tablespoon brandy. If commercial packaged mince meat is used, prepare first as directed on the package.

Cherry Turnovers—For filling, mix together 2 cups drained, pitted sour cherries, fresh or canned, $\frac{1}{2}$ cup sugar, 2 tablespoons quick-cooking tapioca and 1 cup diced marshmallows. Roll pastry $\frac{1}{4}$ inch thick and proceed as directed.

Currant and Honey Turnovers—For filling, cook 1 cup dried currants in water to cover until plump and water is practically evaporated; mix with $\frac{1}{3}$ cup sugar and 1 tablespoon each lemon juice, honey and butter. Roll pastry $\frac{1}{4}$ inch thick, cut in 4-inch circles and proceed as directed. Approximate yield: 8 tartlets.

PEAR TURNOVERS

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| 1 recipe Cream Cheese Pastry
(page 638) | 18 halves canned or cooked pears |
| | 6 tablespoons brown sugar |
| 3 tablespoons butter | |

Roll pastry $\frac{1}{8}$ inch thick; cut in 4-inch squares. Place pear half on half of each pastry square and fill hollow with 1 teaspoon brown sugar and $\frac{1}{2}$ teaspoon butter; fold over to form triangle. Press edges together with floured fork, prick top and chill. Bake in hot oven (450° F.) about 15 minutes. Approximate yield: 1½ dozen tartlets.

PASTRIES AND PIES [TARTS]

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DANISH APPLE TARTLETS

1 recipe Danish Pastry
(page 642)

1 cup applesauce
 $\frac{1}{4}$ cup powdered sugar

Roll pastry $\frac{1}{4}$ inch thick and cut in 5-inch circles. Put 2 tablespoons sauce on half of each circle; wet edges with cold water and fold over; press edges together with floured fork and prick top. Sprinkle with sugar and bake in hot oven (450° F.) about 15 minutes. Approximate yield: 8 tartlets.

FAVORITE RAISIN TARTLETS

1 recipe Plain Pastry (page 637)
1 pound raisins

10 walnut halves
3 tablespoons lemon juice
 $\frac{1}{4}$ cup firmly packed brown sugar

Prepare pastry, using amounts for smaller recipe; line tiny muffin pans with pastry. Put raisins and nuts through food chopper, using medium knife. Moisten with lemon juice and add one-half of brown sugar. Turn into pastry-lined muffin pans; sprinkle with remaining brown sugar. Bake in hot oven (400° F.) for 15 to 20 minutes. Approximate yield: 20 tartlets.

TRANSPARENT TARTLETS

1 recipe Plain Pastry (page 637)
 $\frac{1}{2}$ cup butter

2 cups sugar
5 eggs
3 tablespoons lemon juice

Line individual muffin pans with pastry. Cream together butter and sugar, then beat in one egg at a time. Stir in lemon juice. Turn into prepared pans and bake in hot oven (400° F.) 5 minutes; then reduce heat to moderate (350° F.) and bake about 10 minutes longer, or until firm. Approximate yield: 15 tartlets.

FRIED PRUNE TURNOVERS

1 recipe Baking Powder Biscuits
(page 114)

$2\frac{1}{2}$ cups chopped cooked prunes
 $\frac{1}{2}$ cup chopped nuts
1 tablespoon lemon juice

Roll biscuit dough $\frac{1}{2}$ inch thick; cut in rectangular pieces 4 x 2 inches. Mix together remaining ingredients; place 1 tablespoon filling on half of each piece, fold over and press edges together with floured fork. Fry in hot, deep fat (375° F.) about 3 minutes, or until lightly browned. Cut rolled dough in squares or rounds as desired. Yield: 8 tartlets.

MODIFICATIONS OF FRIED PRUNE TURNOVERS

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(Use recipe on page 658)

Fried Fruit Turnovers—Use 2 cups applesauce or other fruit sauce for filling. The sauce should be rather thick.

Fried Mincemeat Tartlets—Use 2 cups mincemeat for filling.

Fried Jelly Tartlets—Use tart jelly or jam, slightly beaten, for filling.

Fried Fruit-Nut Tartlets—Use Fruit-Nut Filling (page 625) for filling.

SPICED CAKE TARTLETS

1 recipe Plain Pastry (page 637)	$\frac{1}{2}$ cup raisins
$\frac{1}{2}$ cup currant jelly	$\frac{1}{4}$ cup minced citron
2 cups sifted cake flour	$\frac{2}{3}$ cup shortening
$\frac{3}{4}$ teaspoon baking soda	$\frac{3}{4}$ cup sugar
$\frac{1}{4}$ teaspoon salt	2 eggs, well beaten
1 teaspoon cinnamon	$\frac{2}{3}$ cup molasses
$\frac{1}{2}$ teaspoon cloves	$\frac{2}{3}$ cup milk

Line individual muffin pans with pastry and put $1\frac{1}{2}$ teaspoons jelly in each. Mix and sift flour, soda, salt and spices; stir in raisins and citron. Cream shortening until soft, add sugar gradually, creaming thoroughly. Beat in eggs, then molasses. Stir in flour-fruit mixture alternately with milk; turn into prepared muffin pans, filling them $\frac{3}{4}$ full. Bake in hot oven (400° F.) 5 minutes; then reduce heat to moderate (375° F.) and bake about 15 minutes longer. Approximate yield: 15 tartlets.

MINCEMEAT WHIRLS

1 recipe Baking Powder Biscuits	$\frac{3}{4}$ cup corn syrup
(page 114)	$\frac{3}{4}$ cup water
2 cups mincemeat	cream

Roll biscuit dough in rectangular piece, $\frac{1}{4}$ inch thick; spread with mincemeat and roll as for jelly roll. Put in greased baking pan, seam-side underneath, and pour mixture of syrup and water in pan; bake in hot oven (425° F.) about 20 minutes; cool. Slice and serve with plain or whipped cream. Approximate yield: 6 portions.

LEMON RAISIN TARTS

1 recipe Plain Pastry (page 637)	1¼ cups sugar
2½ lemons	1½ tablespoons flour
2 cups raisins	¼ teaspoon salt
2 eggs, well beaten	

Prepare rich pastry, using amounts for smaller recipe; line 8 tart shells with pastry. Squeeze juice from lemons and set aside (about ½ cup). Remove peel, cover with boiling water and cook 10 minutes; drain. Put peel and raisins through food chopper, using finest knife. Combine sugar, flour and salt, and stir in eggs and lemon juice; add to lemon peel-raisin mixture. Turn into pastry-lined tart pans. Bake in hot oven (450° F.) 10 minutes; then reduce heat to moderate (350° F.) and continue baking about 25 minutes. Yield: 8 (4-inch) tarts.

CREAM PUFFS AND ÉCLAIRS

A STANDARD cream puff shell is hollow, pops like a popover, but is more tender than the popover. The center is moist, but not soggy.

Technique of Combining. The flour is "cooked" with fat and liquid before adding the eggs. This initial "cooking" is necessary to distribute the fat evenly throughout the mass. Overcooking causes the fat to ooze out and stunts the growth of the cream puff. Undercooking gives puffs that middle-aged spread—they are flat and misshapen when baked. To obviate either, the mixture should be cooked *only until thick, smooth and glossy*.

If the paste appears to separate and becomes excessively oily, add a very small amount of water and cook until smooth again, before adding the eggs.

If the paste mixture looks too thin and spreads when a spoonful of it is dripped on the pan, put it back in the saucepan *over hot water*, and, stirring all the time, cook it just long enough to stiffen the mixture.

Like popovers, cream puffs require a hot oven to start with—to "pop" the shells. After 15 minutes, the temperature is lowered to finish baking and to dry out centers.

PUFF SHELLS

1 cup water	1/8 teaspoon salt
1/2 cup butter	1 cup sifted flour
	4 eggs

Place water, butter and salt in heavy saucepan and heat; when boiling briskly, add flour all at once, stirring vigorously, and cook until mixture forms a smooth ball which leaves sides of pan clean, stirring constantly. Turn into mixing bowl and beat in thoroughly 1 egg at a time; then continue beating until mixture is thick and shiny, and breaks off when spoon is raised. Shape at once, or wrap dough in waxed paper and store in refrigerator several hours or overnight before using. With pastry bag or 2 tablespoons, shape on ungreased baking sheet, putting designs 2 inches apart to allow for spreading: for cream-puff shells, make large rounds; for éclair shells, make 1 x 4 1/2-inch strips; for miniature puff shells, make small designs such as 1-inch rounds, 1/2 x 1 1/4-inch oblongs, the letter "S," scallops, rings, crescents, stars and triangles. Bake large puff shells in very hot oven (450° F.) 15 minutes, then reduce heat to moderate (350° F.) and bake 20 to 25 minutes longer; bake miniature puff shells about one-half the time. Cut slit in side of each shell and fill as desired; sprinkle tops with powdered sugar, cover with frosting, or serve with a sauce. Yield: 1 dozen large puff shells, or 4 dozen miniature puff shells.

MODIFICATIONS OF PUFF SHELLS

(Use recipe above)

Cream Puffs—Fill round shells with Cream Filling (page 623), or one of the Modification (page 623), ice cream, whipped cream mixture, or sweetened fresh fruit; sprinkle tops with powdered sugar, or top with whipped cream or a sauce.

Éclairs—Fill large oblong shells with Cream Filling (page 623), or one of the Modifications (page 623); cover tops with Chocolate Butter Frosting (page 612) or Mocha Frosting (page 612).

Russian Puffs—Fill miniature puff shells with caviar or a Butter Spread (page 164). Use for cocktail or tea service.

Tea Puffs—Fill miniature puff shells with flavored whipped cream, Cream Filling (1/2 recipe, page 623), jelly or jam; cover with Chocolate Butter Frosting or Butter Frosting (page 612).



TIMBALE cases and rosettes are those fragile, deep-fried pastry cups which hold a mouthful of sweet or savory filling for garnishing a main dish, salad or dessert; or the rosettes can be dusted with confectioners' sugar and used as cooky confections.

TIMBALE CASES

1 cup sifted flour	2 eggs, slightly beaten
½ teaspoon salt	⅞ to 1 cup milk
	1 tablespoon salad oil

Mix and sift dry ingredients, gradually stir in mixture of eggs, milk and oil, beating only until smooth; strain and let stand an hour if full of air bubbles; when ready to use, pour small amount into large cup for dipping. Set iron in deep fat and heat to 360°–370° F., or until a cube of bread browns in 1 minute. Drain iron slightly on unglazed paper and dip into cup, covering only the sides of iron to about one-eighth inch of top. Lower into hot fat and fry 1 to 1½ minutes, or until delicately browned; remove from fat, loosen case from iron with a fork and drain on unglazed paper, inverting to drain inside; if fat is too hot or too cold, batter will not cling to iron. Repeat, adding batter to cup as needed. Timbale iron come in various shapes which can be used for vegetables, creamed entrées and desserts. Approximate yield: 40 cases.

ROSETTES OR "ROSETBAKKELS"

Use recipe for Timbale Cases (see above), adding 1 tablespoon sugar to batter; use rosette iron, being careful not to let batter come up over edge of iron. Use in same way as patties with whipped cream flavored with raspberry or other jams, or other creamy desserts. Or dust with confectioners' sugar before serving on cooky plate. Store plain rosettes in tight container in dry place; if they soften, crisp by placing in moderate oven (350 °F.) about 5 minutes. Yield: 40 rosettes.

Desserts

THE dessert, in spite of the fact that it comes from a French word, meaning "to clear the table" is something to be anticipated. It may be nothing more elaborate than a bowl of brightly polished fruit. But it should invite enjoyment by its color or general attractiveness. Nutritionally, the dessert should round out a meal. Substantial meals may be followed by light desserts, such as fresh or cooked fruits, custards, ice creams, gelatins and soufflés. Light meals, otherwise low in calories, may have heartier desserts like steamed puddings, pastries and rich cakes.

With wise planning, desserts need not entail a great deal of labor. Chilled, soft custard, held in reserve, can be used to dress up fruits or left-over pieces of cake. Many baked puddings, such as rice or Indian pudding, can be prepared a day ahead and chilled or reheated as needed. Or crackers and cheese, fresh fruit or a plate of mixed dried fruits make a simple and satisfying climax to a meal. When time is not a factor, more elaborate desserts can be planned for meals in which the last course is to be featured. Many frozen desserts and the more intricately molded dishes are designed to play stellar rôles. Desserts will be relished all the more if they are served attractively. Crystal or colorful china or pottery should be selected to frame the dessert fittingly whether served from the table or in individual portions. The right sauce for steamed or baked puddings, delicate garnishes for fluffy desserts, and interesting texture and color contrasts in fruit desserts add greatly to the success of the dessert course.

FRUIT BOWL

See colored illustration on jacket of book for an interesting combination and arrangement of fruit to serve as centerpiece and dessert. Fruits in season, washed, dried and thoroughly chilled, are always suitable. Fruit may be served on individual plates with fruit knife, fork or spoon. A finger bowl at each service will add to the comfort of guests and protect linen from stubborn fruit stains; or use a paper napkin at each place for simple family service.

AMBROSIA

Pare 3 medium-sized oranges, removing all white membrane; cut crosswise into thin slices. Place half the slices in serving dish. Sprinkle with $\frac{1}{4}$ cup shredded coconut. Add remaining orange slices and top with another $\frac{1}{4}$ cup coconut. Press down and let stand $\frac{1}{2}$ hour. Fresh or canned sliced peaches or shredded pineapple may be substituted for oranges. Approximate yield: 6 portions.

RASPBERRY AMBROSIA

Quarter $\frac{1}{4}$ pound marshmallows; add $1\frac{1}{2}$ cups fresh raspberries and 2 tablespoons lemon juice, and chill. Just before serving fold in 1 cup heavy cream, whipped; serve in sherbet glasses and sprinkle grated fresh coconut over top. Approximate yield: 6 portions.

CHAMPAGNE FRUIT CUP

3 ripe pears
1 small melon

3 peaches
1 pint lemon ice
Champagne

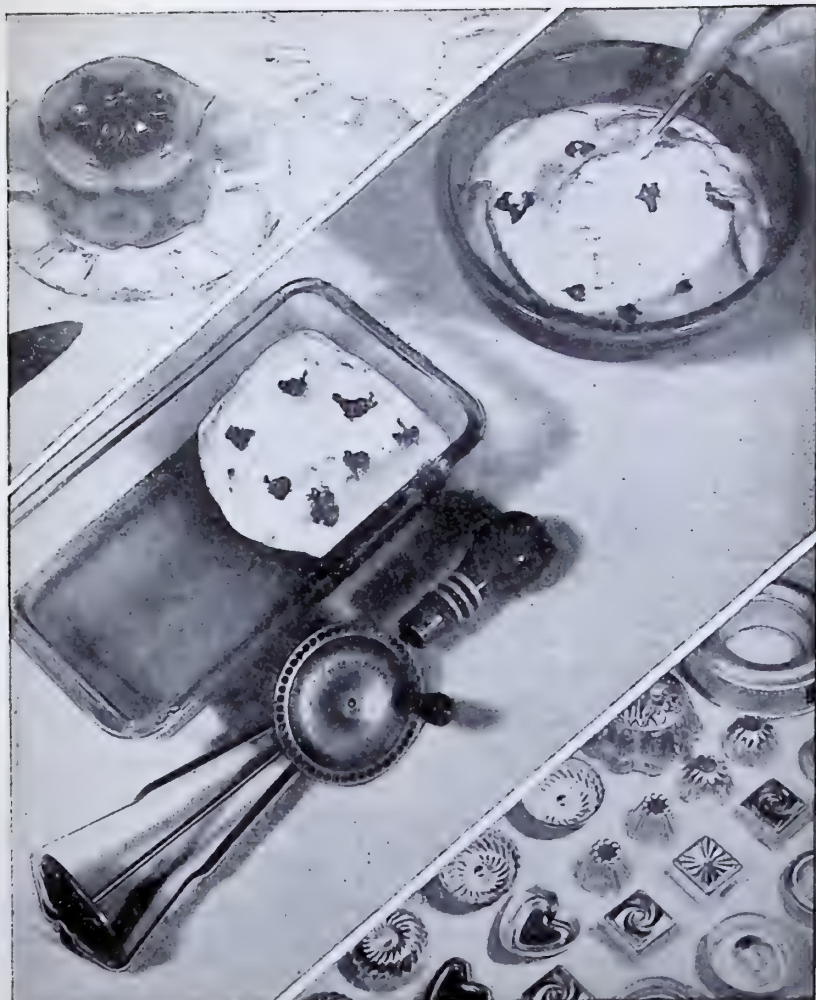
Pare and dice fruit and place in Champagne glasses; top with lemon ice. Fill glasses with Champagne, and serve immediately. Approximate yield: 6 portions.

MACEDOINE OF FRUITS

2 cups sugar
2 cups water

2 tablespoons brandy
2 tablespoons liqueur (any flavor)
3 cups diced fruit, fresh or canned

Boil sugar and water 3 minutes; chill. Add brandy, liqueur, and fruit; cover and chill 2 hours. Serve with main course or as a dessert. Approximate yield: 6 portions.



DESSERTS—SOMETHING A LITTLE FANCY

Molding fruits in gelatin is not as difficult as it looks.

Upper: Plain prepared gelatin contains plump sections of orange above a border of halved apricots each stuffed with a whole almond. Directions for molding gelatin on page 704.

Center: A layer of raspberry Bavarian gelatin is allowed to become firm before topping it with Raspberry Bavarian (page 707).

Lower: Gelatin molds in a variety of shapes and sizes, suggest new ways of molding old desserts.

FRUIT SNOW

Sweeten to taste 2 cups fresh or cooked fruit pulp and add lemon juice, if bland; fold into 3 egg whites, stiffly beaten; chill. Serve with Custard Sauce (page 629). Approximate yield: 6 portions.

PEAR COMPÔTE

1½ cups sugar	1½ teaspoons grated lemon rind
¾ cup water	1 tablespoon grated orange rind
3 tablespoons lemon juice	2 teaspoons minced preserved ginger
½ cup orange juice	12 canned pear halves

Heat sugar, water, fruit juices, grated rind and ginger to boiling point; add pears and simmer 8 to 10 minutes. Turn into serving dish and chill. Approximate yield: 6 portions.

QUICK FRUIT DESSERT

6 ripe bananas	4 tablespoons brown sugar
½ cup orange juice	1 cup grated coconut

Peel and cut bananas in half, lengthwise. Place in greased baking dish. Mix orange juice and brown sugar; pour over bananas, adding lemon juice if not tart enough. Sprinkle with coconut, and bake in moderate oven (375° F.) for 10 minutes. Yield: 6 portions.

SWISS FRUIT DESSERT

Cut slices of fresh bread in triangles or halves, and sauté in butter until delicately browned. Place piece on each dessert plate; cover with fresh fruit such as raspberries, strawberries, pitted cherries, sliced peaches or apricots, sweetened to taste, and top with whipped cream. Serve toast hot.

APPLE CUPS

1½ pounds cooking apples	⅓ cup fine, moist bread crumbs
¾ cup water	2 tablespoons grated orange rind
3 tablespoons sugar	1½ teaspoons butter

Pare and core apples; slice thinly, and place in kettle with water. Cover and cook over low heat until tender, but not until they lose their shape. Turn into 6 small custard cups and top with a mixture of sugar, bread crumbs and orange rind; dot with butter. Bake in hot oven (425° F.) for 20 minutes. Approximate yield: 6 portions.

INDIA DESSERT

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|-----------------------------------|----------------------------------------|
| 6 large ripe apples | ½ cup chopped, blanched almonds |
| 1 cup orange juice | 6 pistachio nuts, blanched and chopped |
| 1 cup heavy cream | ½ teaspoon nutmeg |
| 1 tablespoon confectioners' sugar | |

Pare, core and slice apples into casserole, add orange juice, ½ cup cream, nut meats and nutmeg. Cover and bake in moderately hot oven (375–400° F.) for 20 to 30 minutes, or until apples are tender. Serve with remaining ½ cup cream, whipped and sweetened. Approximate yield: 6 portions.

APPLESAUCE FLIP

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|----------------------------------|---------------------|
| ½ recipe Plain Pastry (page 637) | 2 tablespoons sugar |
| 3 cups applesauce (page 59) | ½ teaspoon cinnamon |

Roll pastry ¼ inch thick, cut into 6 rounds or squares and prick with fork. Bake in hot oven (450° F.) for 10 minutes. Serve hot or cold applesauce in dishes, top each with a round of pastry and dust with sugar and cinnamon. Approximate yield: 6 portions.

BLACKBERRY FLUMMERY

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|----------------------|------------------------------|
| 1 quart blackberries | 1 tablespoon cornstarch |
| ½ cup sugar | 1 tablespoon lemon juice |
| 1 cup water | ½ sponge cake, cut in strips |

Wash and pick over berries, add sugar and water, and heat to boiling. Make a thin paste of cornstarch and 2 additional tablespoons water; add slowly to blackberries and cook 15 minutes, stirring constantly until thickened. Add lemon juice and chill. Serve in sherbet glasses lined with strips of sponge cake. Approximate yield: 6 portions.

BLUEBERRY DESSERT

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| 1 quart blueberries | ⅛ teaspoon cinnamon |
| ¼ cup water | 3 slices buttered bread |
| ½ cup sugar | Hard Sauce (page 632) |

Wash and pick over blueberries, add water, sugar and cinnamon, and heat to boiling. Turn into shallow baking pan; cover with triangles of bread, buttered side up, and bake in hot oven (425° F.) for 10 minutes, or until browned. Serve with hard sauce. Yield: 6 portions.

MOCK CHERRY TART

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|-----------------------------|---------------------------------------|
| 1 quart tart cherries | $\frac{1}{8}$ teaspoon almond extract |
| 1 cup granulated sugar | 2 egg whites |
| $\frac{1}{4}$ teaspoon salt | $\frac{1}{4}$ cup powdered sugar |
| 3 tablespoons flour | $\frac{1}{2}$ teaspoon vanilla |

Wash and pit cherries. Mix sugar, salt, flour and flavoring; add to cherries and mix well. Turn into deep, 9-inch pie plate, cover and bake in moderate oven (350° F.) for 30 minutes, or until fruit is tender. Beat egg whites until stiff; add sugar gradually, beating until blended, and add flavoring. Drop in 6 mounds on cherries and bake 15 minutes longer, or until meringue is lightly browned. Approximate yield: 6 portions.

PEACH CREAM DESSERT

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|-----------------------------|-----------------------------------------|
| 6 slices sponge cake | $\frac{1}{2}$ teaspoon almond flavoring |
| 1 cup heavy cream, whipped | 6 canned peach halves, drained |
| 1 tablespoon powdered sugar | $\frac{1}{4}$ cup currant jelly |

Cut sponge cake into slices; spread with cream, sweetened and flavored; top with peach half, and fill center of peach with jelly. Approximate yield: 6 portions.

PINEAPPLE DESSERT

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|-----------------------------|---------------------------------|
| 1 cup diced fresh pineapple | 8 marshmallows, cut in quarters |
| 2 cups hulled strawberries | $\frac{1}{2}$ cup sugar |

Combine ingredients; add more sugar if desired, and chill. Approximate yield: 6 portions.

PRUNE MARMALADE WHIP

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|---------------------------------------|------------------------------|
| $1\frac{1}{2}$ cups cooked prune pulp | $\frac{1}{4}$ teaspoon salt |
| $\frac{1}{4}$ cup orange marmalade | 2 tablespoons sugar |
| 2 tablespoons lemon juice | 2 egg whites, stiffly beaten |
| 2 tablespoons chopped nuts | |

Mix together prune pulp, marmalade and lemon juice. Beat salt and sugar into egg whites; fold in prune mixture. Serve in sherbet glasses and garnish with nut meats. If desired, substitute apricot pulp for prune. Approximate yield: 4 to 6 portions.

RHUBARB SCALLOP WITH MERINGUE

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|------------------------------|---------------------|
| ½ pound rhubarb | ¼ teaspoon salt |
| 1 cup granulated sugar | 1 small sponge cake |
| grated rind of 1 orange | 2 egg whites |
| 2 tablespoons powdered sugar | |

Wash and peel rhubarb and cut in 1-inch pieces; add sugar, orange rind and salt, mixing well. Cut sponge cake in thin slices; line bottom of greased baking dish with 3 or 4 slices; cover with ¼ of rhubarb. Continue to make alternate layers of cake and fruit until material is used. Cover and bake in moderate oven (350° F.) for 30 minutes. Beat egg whites until stiff; add sugar slowly, beating until blended. Pile on baked pudding and bake 15 minutes longer, or until meringue is slightly browned. Approximate yield: 6 portions.

STRAWBERRY DAINTY

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|-------------------------------------------|--------------------------------|
| 1 pint strawberries | ½ cup sweetened condensed milk |
| 1 cup diced pineapple, fresh or
canned | ½ cup pineapple juice |
| | ¼ cup orange juice |
| 1 tablespoon lemon juice | |

Wash and hull berries; cut in quarters and place in 6 sherbet glasses; add pineapple. Add fruit juices to condensed milk and beat until well mixed. Pour over berries and chill thoroughly. Approximate yield: 6 portions.

FRENCH FRIED PEARS

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|--------------------------|------------------------|
| 1 cup sifted flour | 3 eggs, well beaten |
| 1 teaspoon baking powder | 1 cup milk |
| ½ teaspoon salt | 6 large ripe pears |
| 1 teaspoon sugar | Lemon Sauce (page 627) |

Mix and sift flour, baking powder, salt and sugar. Combine eggs and milk; add to flour mixture, stirring until smooth. Pare, halve and core pears; dip into batter, covering pears completely, and fry in hot deep fat (360° F.) for 2 minutes, or until browned; drain on unglazed paper. Serve with lemon juice or Lemon Sauce (page 627). Yield: 6 portions. Peach and apricot halves may be fried in the same way.



DESSERT CHEESE TRAY

Crackers and cheese are appropriate to serve as a dessert. "Hostess" cheese trays or individual plates may be used. Provide two or more varieties of dessert cheeses (Table XXX, page 925). On a large tray arrange the cheeses in the center with a suitable cheese knife for cutting and a cheese server. Arrange crisp, unsweetened crackers around the cheese. The tray may be passed at the table; or the hostess may serve portions of cheese and crackers on dessert plates, each accompanied with a small cheese or fruit knife. Fresh fruit may be served also.

JUNKET

4 cups milk*	6 tablespoons sugar
2 rennet tablets, unflavored	dash of salt
2 tablespoons cold water	½ teaspoon vanilla

Heat milk until warm. Add sugar, salt and vanilla and heat until dissolved. Do not heat more than enough to dissolve the sugar. Remove from heat. Dissolve rennet tablets in cold water and add to milk, mixing well. Pour into glasses and do not disturb until set. Then chill. Serve with any smooth sauce, stewed or canned fruit or cream; or serve with fresh berries, sliced fruit or orange sections. Junket may be tinted with vegetable coloring, as desired. Approximate yield: 6 portions.

MODIFICATIONS OF JUNKET

Chocolate Junket—Melt 1 square chocolate, add 2 tablespoons hot water and stir until smooth; add to warm milk and beat until well mixed.

Maple Junket—Substitute maple sugar for granulated sugar, or use 2 tablespoons maple syrup with 4 tablespoons sugar. Brown sugar or caramelized sugar syrup may also be used.

BOILED CUSTARD

4 eggs, slightly beaten	3 tablespoons sugar
⅛ teaspoon salt	2 cups milk, scalded
	½ teaspoon vanilla

Combine eggs, salt and sugar; gradually stir in hot milk, and cook over boiling water 5 minutes, or until mixture coats metal spoon, stirring constantly. Add vanilla and cool quickly. Use as simple dessert or as a dessert sauce. Approximate yield: 2 cups soft custard.

MODIFICATIONS OF BOILED CUSTARD

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(Use recipe on page 670)

Almond Custard—Turn custard into sherbet glasses; chill. Just before serving top generously with chopped toasted almonds.

Fruit Custard—Place fresh or canned fruit in sauce dishes, cover with custard and chill.

Soft Caramel Custard—Substitute 1 tablespoon caramelized sugar syrup (page 631) for 1 tablespoon sugar and omit vanilla.

Fairy Custard—Scald 2 cups thin cream and fold gently into 3 well-beaten egg whites. Add a dash of salt, 3 tablespoons sugar and 1 teaspoon vanilla. Cook as directed.

Soft Coffee Custard—Substitute 1 cup strong coffee for 1 cup milk; omit vanilla, if desired, and add $\frac{1}{4}$ teaspoon cinnamon.

Soft Yellow Custard—Substitute 4 egg yolks for eggs. Serve plain or with fruit or cream.

FLOATING ISLAND

Prepare Boiled Custard with 4 egg yolks (page 670); pour into sherbet glasses or sauce dishes and chill. Beat egg whites until stiff; gradually beat in $\frac{1}{4}$ cup powdered sugar and flavor with vanilla; drop a spoonful into each dish and chill. Or drop meringue from tablespoon into hot water, just boiling, cover and cook about 5 minutes; place one meringue in each dish and chill. Any one of the modifications may be substituted for Boiled Custard. Approximate yield: 6 to 8 portions.

CRÈME DUCHESS

$\frac{1}{4}$ cup raisins

2 tablespoons cold water

$\frac{1}{4}$ cup orange juice

2 cups Boiled Custard (page 670)

1 tablespoon gelatin

red jelly

Soak raisins in orange juice for several hours, or until quite soft. Soften gelatin in cold water 5 minutes. Remove custard from heat and add gelatin, stirring until dissolved; cool. When mixture begins to thicken, stir in raisins and orange juice; turn into mold and chill until firm. Unmold and serve garnished with any red jelly. Approximate yield: 6 portions.



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BAKED CUSTARD

1 quart milk	$\frac{1}{4}$ teaspoon salt
4 eggs, slightly beaten	$\frac{1}{2}$ teaspoon vanilla
$\frac{1}{4}$ cup sugar	nutmeg

Scald milk. Combine eggs, sugar and salt; add milk slowly, stirring until sugar is dissolved, add vanilla. Turn into small custard cups, place in pan of hot water and bake in moderate oven (350° F.) 25 to 30 minutes, or until firm. Sprinkle lightly with nutmeg. Cool.

To make large custard—Use 6 eggs; turn into baking dish, place in pan of hot water and bake 1 hour, or until knife comes out clean when inserted in center. Approximate yield: 6 portions.

MODIFICATIONS OF BAKED CUSTARD

(Use recipe above)

Baked Honey Custard—Substitute $\frac{1}{2}$ cup honey for sugar, omit vanilla and nutmeg and add $\frac{1}{8}$ teaspoon cinnamon. For stiffer custard, use 5 eggs.

Caramel Custard—Add $\frac{1}{4}$ cup caramelized sugar syrup (page 631) to milk.

Apricot Custard—Place a stewed dried apricot half and a little juice in the bottom of each cup. Add custard, pouring against a spoon. Bake as directed.

Golden River Custard—Place 1 spoonful of maple syrup in each individual custard cup. Fill cup with custard mixture, pouring against a spoon so as not to disturb syrup. Bake as usual, and unmold to serve.

Yellow Custard—Use 8 egg yolks, omitting whites, and bake at 325° F. until firm.

PUMPKIN CUSTARD PUDDING

3 eggs, separated	$\frac{1}{4}$ teaspoon nutmeg
$\frac{1}{4}$ teaspoon salt	$\frac{1}{4}$ teaspoon cinnamon
$\frac{1}{2}$ cup sugar	2 cups milk, scalded
1 cup canned pumpkin	$\frac{1}{2}$ cup heavy cream, whipped

Beat egg yolks until thick and lemon-colored, add salt, sugar, pumpkin and spices; stir in milk. Fold in stiffly beaten egg whites. Turn into greased baking dish and bake in moderate oven (350° F.) 45 minutes, or until firm. Cool, and serve with whipped cream. Approximate yield: 6 portions.

CHEESE CUSTARD

2½ cups milk	1 cup grated American cheese
½ teaspoon salt	1 tablespoon melted butter
¼ teaspoon paprika	2 eggs, slightly beaten
	nutmeg

Scald milk; add seasonings, cheese and butter. Pour slowly over eggs, mixing well. Turn into greased baking dish, dust with nutmeg, place in pan of hot water and bake in moderate oven (350° F.) for 50 minutes, or until set. Approximate yield: 6 portions.

ORANGE SPONGE CUSTARD

3 cups cubed sponge cake	Boiled Custard (page 670)
1 cup orange juice	dash of salt
	4 tablespoons powdered sugar

Use stale sponge or angel cake; place in 6 greased custard cups or 1 large casserole and pour orange juice over cake. Prepare custard with 4 egg yolks and pour over cake. Use egg whites remaining from custard for meringue: beat until stiff, then beat in salt and powdered sugar. Pile lightly on desserts and bake in moderate oven (350° F.) for 12 to 15 minutes, or until delicately browned. Serve hot or cold. Sprinkle shredded coconut over tops, if desired. Yield: 6 portions.

BLANC MANGE

3 tablespoons cornstarch	½ cup cold milk
⅛ teaspoon salt	1½ cups scalded milk
⅓ cup sugar	½ teaspoon vanilla

Mix cornstarch, salt, sugar and cold milk; stir slowly into scalded milk. Cook over hot water 10 minutes, stirring constantly until thick and smooth. Cover and cook 15 minutes longer, stirring occasionally. Add vanilla and turn into individual molds, which have been rinsed in cold water. Chill until firm. Unmold and serve with maple syrup, cream or any sauce. Approximate yield: 6 portions.

Arrowroot or rice flour may be substituted for cornstarch in same proportion. Use 2 tablespoons cornstarch to make a softer pudding.

MODIFICATIONS OF BLANC MANGE

(Use recipe on page 673)

Caramel Blanc Mange—Add $\frac{1}{4}$ cup caramelized sugar syrup (page 631) to milk after scalding.

Chocolate Blanc Mange—Add 2 squares chocolate to milk and heat until chocolate is melted; then beat with rotary beater until blended and proceed as directed.

Coffee Blanc Mange—Substitute 1 cup strong coffee for 1 cup milk.

Fruit Blanc Mange—Surround mold with slices of fresh peaches or apricots, cherries or berries, and serve with cream.

CARAMEL PUDDING

$\frac{1}{2}$ cup firmly packed brown sugar	$\frac{1}{2}$ cup cold milk
2 tablespoons butter, melted	$\frac{1}{4}$ cup flour
$1\frac{1}{2}$ cups milk, scalded	$\frac{1}{8}$ teaspoon salt
$\frac{1}{2}$ cup cream	2 eggs, well beaten

Add brown sugar to butter in heavy skillet and cook over low heat 5 minutes, stirring constantly. Add scalded milk and stir until sugar dissolves; add cream. Add cold milk slowly to flour and salt, mixing well. Add to brown sugar mixture, and cook over hot water 15 minutes, stirring constantly. Stir small amount into egg, blend, then return to remaining hot mixture, and cook 2 minutes longer, stirring constantly. Cool slightly, turn into serving dishes and chill. Approximate yield: 6 small portions.

COCONUT HEART FLUFF

2 tablespoons cornstarch	3 cups scalded milk
$\frac{1}{4}$ teaspoon salt	3 eggs, slightly beaten
$\frac{1}{3}$ cup sugar	1 teaspoon vanilla
1 cup cold milk	$\frac{3}{4}$ cup shredded coconut
8 pink candy hearts	

Mix cornstarch, salt, sugar and cold milk. Add slowly to scalded milk, and cook over hot water 10 minutes, stirring until smooth, and slightly thickened. Cover and cook 15 minutes longer. Stir small amount into eggs, then return to remaining hot mixture and cook 2 minutes longer. Add vanilla and $\frac{1}{2}$ cup coconut. Cool. Turn into 8 serving dishes and top with additional coconut and candy hearts. Or garnish with bright jelly cubes. Yield: 8 portions.

FLOATING PEACHES

3½ tablespoons cornstarch	1 cup milk
2 tablespoons sugar	1 egg, slightly beaten
⅛ teaspoon salt	1 teaspoon grated lemon rind
1 cup syrup from canned peaches	12 marshmallows
6 canned peach halves, drained	

Mix cornstarch, sugar, salt and ½ cup peach syrup. Mix remaining peach syrup with milk and scald. Stir in cornstarch mixture slowly and cook over hot water 10 minutes, stirring constantly until thick and clear. Mix small amount into egg, return to remaining hot mixture and blend. Add lemon rind and 6 marshmallows, cut in bits, and cook 5 minutes longer, stirring constantly. Turn into 6 glass custard cups, top with peaches, hollow side up; place remaining marshmallows in peach hollow and place under broiler until browned. Yield: 6 portions.

FRENCH CREAM

¼ cup flour	1 egg
¼ cup sugar	¾ teaspoon orange extract
½ cup cold milk	2 drops Benedictine
1 cup scalded milk	12 ladyfingers, split

Mix flour and sugar, add cold milk slowly, mixing until smooth; add slowly to scalded milk and cook over hot water 15 minutes, stirring occasionally. Stir small amount into egg, then return to remaining hot mixture and cook 2 minutes longer; add flavorings and cool. Place ladyfingers upright in parfait glasses, sprinkle with a little additional Benedictine and fill glasses with French Cream. Approximate yield: 6 portions.

MOCK BUTTERSCOTCH CUSTARD

1 cup firmly packed brown sugar	3 cups milk
6 tablespoons flour	3 eggs, separated
¾ teaspoon vanilla	

Mix sugar and flour thoroughly; add milk slowly, stirring until smooth. Cook over boiling water 15 minutes. Stir small amount into beaten egg yolks, then return to remaining hot mixture and cook 2 minutes longer, stirring constantly. Remove from heat and fold gently into egg whites, beaten until stiff but not dry; add vanilla. Cool. Approximate yield: 6 portions.



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NORWEGIAN PRUNE PUDDING

2 cups pitted cooked prunes	4 tablespoons cornstarch
1 cup prune juice	dash of salt
½ cup sugar	prune pit kernels
2 tablespoons lemon juice	

Bring prunes and juice to a boil. Combine sugar, cornstarch and salt; gradually stir into prune mixture and cook 15 minutes, stirring until thickened, then occasionally. Crack 12 or more pits, chop kernels and add with lemon juice to pudding mixture. Turn into individual molds or large mold and chill thoroughly. Serve with whipped cream or Custard Sauce (page 629) as desired. Approximate yield: 4 to 6 portions.

PEANUT PUDDING

¼ cup cornstarch	½ cup cold water
⅛ teaspoon salt	3 tablespoons honey
1 tablespoon sugar	¼ cup peanut butter
3 cups scalded milk	

Mix cornstarch, salt, sugar and cold water. Mix honey and peanut butter; add scalded milk slowly, mixing well. Stir in cornstarch mixture and cook over hot water 10 minutes, stirring constantly until thick and clear; then cover and cook 15 minutes longer, stirring occasionally. Cool, turn into serving dishes and chill. Approximate yield: 6 portions.

TAPIOCA CREAM

⅓ cup sugar	2 eggs, separated
⅛ teaspoon salt	4 cups scalded milk
⅓ cup quick-cooking tapioca	1 teaspoon vanilla

Combine sugar, salt, tapioca, egg yolks; gradually stir in 1 cup hot milk, then add to remaining milk and cook over hot water 5 to 8 minutes, stirring constantly until mixture thickens. Remove from heat; fold small amount into stiffly beaten egg whites; return to remaining hot mixture and fold in gently. Cool slightly, add vanilla, turn into serving dish and chill. Chopped nuts, dates, glacéed fruits or shredded coconut may be folded into cream. Use 2 to 2½ times the amount of *pearl* as quick-cooking tapioca, soak in cold water 1 hour; cook until clear. Approximate yield: 6 portions.

MODIFICATIONS OF TAPIOCA CREAM

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(Use recipe on page 676)

Currant Jelly Tapioca—Arrange Tapioca Cream in alternate layers with currant jelly in parfait glasses, using just enough jelly to cover cream. Top with whipped cream.

Prune Tapioca—Fold in 1 cup steamed, dried prunes, finely chopped. Any steamed, dried fruit may be used.

Tapioca Parfait—Half-fill parfait glasses with any bright colored gelatin, prepared according to package directions; chill. Fill glass with tapioca and garnish with tiny cubes of gelatin.

Chocolate Tapioca—Add 2 squares chocolate to milk and heat until chocolate is melted; then beat with egg beater until blended, and proceed as directed.

Tapioca Meringue Pudding—Do not fold egg whites into tapioca cream; turn mixture into baking dish, spread a thin layer of any preserve over top and cover with meringue of stiffly beaten egg whites and 2-4 tablespoons sugar. Bake in moderate oven (350° F.) for 15 minutes, or until delicately browned.

Café Apricot Tapioca—Add 3 tablespoons coffee to milk and heat to boiling; pour through fine strainer and proceed as directed. Omit vanilla and fold in ½ cup apricot preserves before adding whites.

CRANBERRY TAPIOCA

3 tablespoons quick-cooking tapioca	¾ cup cold water
1½ cups boiling water	¾ cup sugar
1½ cups cranberries	grated rind of 1½ oranges

Add tapioca slowly to boiling water and cook 5 minutes or until clear, stirring constantly. Add cranberries to cold water and cook until berries pop; add sugar and orange rind and cook 5 minutes; stir in cooked tapioca and chill. Approximate yield: 6 portions.

BAKED PEACH TAPIOCA

Use 1½ cups canned sliced peaches, 1 cup water and 1 cup peach juice, ¼ cup sugar, ¼ teaspoon salt, dash of nutmeg, 2 teaspoons lemon juice, 1½ tablespoons melted butter and ¼ cup quick-cooking tapioca. Mix and bake in moderate oven (375° F.) 30 minutes, stirring every 10 minutes. Apricots may be substituted for peaches.

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LEMON SPONGE TAPIOCA

1/2 cup sugar	1 egg, separated
1/8 teaspoon salt	2 cups hot water
1/4 cup quick-cooking tapioca	1 teaspoon grated lemon rind
	1 banana, diced

Combine sugar, salt, tapioca and egg yolk; gradually stir in 1 cup hot water, then add to remaining 1 cup hot water and cook over hot water 5 to 8 minutes, stirring constantly until mixture thickens. Add lemon rind and fold a small amount into stiffly beaten egg white; return to remaining hot mixture and fold in gently; add banana and cool. Serve with cream or Lemon Cocoanut Sauce (page 628). Approximate yield: 6 portions.

BAKED CHERRY TAPIOCA

1 1/2 cups canned sour cherries, drained	1 1/2 tablespoons melted butter
2 1/2 cups cherry juice and water	3/4 cup firmly packed brown sugar
2 teaspoons lemon juice	3/4 teaspoon salt
	dash of nutmeg
	1/3 cup quick-cooking tapioca

Combine ingredients in greased casserole, mixing well. Bake in moderately hot oven (375° F.) for 30 minutes, stirring every 10 minutes and again when removing from oven. Serve hot or cold with cream. Approximate yield: 6 portions.

APPLE TAPIOCA BUTTERSCOTCH

3 apples, pared and sliced	1 teaspoon salt
3 cups water	1/4 teaspoon cinnamon
2 tablespoons lemon juice	1/2 cup quick-cooking tapioca
1 cup firmly packed brown sugar	3 tablespoons melted butter

Arrange apples in greased shallow baking dish; combine water and lemon juice, pour over apples and bake, covered, in moderately hot oven (375° F.) for 15 minutes or until apples are almost tender. Mix 3/4 cup sugar, salt, cinnamon, tapioca and butter, sprinkle over apples and mix thoroughly; continue baking 10 minutes. Stir well, sprinkle with remaining sugar and bake 5 minutes longer. Serve hot or cold with cream, plain or sweetened whipped cream or Lemon Sauce (page 627). Approximate yield: 6 portions.

OLD-FASHIONED BREAD PUDDING

1½ cups diced stale bread	½ cup sugar
3 cups milk, scalded	¼ teaspoon salt
2 eggs, beaten	½ teaspoon cinnamon
½ cup raisins, nuts or coconut	

Soak bread in milk in greased baking dish. Combine eggs, sugar, salt and cinnamon; stir into bread mixture; add raisins and set in pan of hot water. Bake in moderate oven (350° F.) for 45 to 50 minutes, or until knife comes out clean when inserted in center. Serve with Hot Jelly Sauce (page 628), or any hard sauce or cream as desired. Approximate yield: 6 portions.

CUSTARD BREAD PUDDING

6 slices bread	¼ cup sugar
¼ cup soft butter	½ teaspoon vanilla
4 eggs, well beaten	⅛ teaspoon nutmeg
1 quart milk, scalded	

Cut crusts from bread, and butter one side. Combine egg, sugar and flavorings; add milk slowly, stirring until sugar is dissolved. Turn into baking dish, top with bread, buttered side up. Place in pan of hot water and bake in moderate oven (350° F.) for 45 to 50 minutes, or until firm. Approximate yield: 6 portions.

MODIFICATIONS OF CUSTARD BREAD PUDDING

(Use recipe above)

Individual Bread Puddings—Cut bread in cubes; place in 6 individual custard cups, add custard mixture and bake as directed for 25 minutes, or until set.

Strawberry Jam Bread Pudding—When making custard for Bread Pudding, use 3 whole eggs and 2 yolks, reserving 2 whites for meringue. Add ½ cup raisins if desired. When pudding is almost done, spread with ½ cup soft strawberry jam or jelly and top with meringue made by beating 2 tablespoons sugar slowly into 2 stiffly beaten egg whites. Bake 15 minutes longer, or until meringue is lightly browned. Any tart jam or jelly may be used in this pudding.

Chocolate Bread Pudding—Add 2 squares chocolate to milk, heat until melted and beat with rotary beater until blended.

APRICOT BREAD PUDDING

1 cup soft bread crumbs	2 teaspoons lemon juice
$\frac{2}{3}$ cup milk	$\frac{1}{2}$ teaspoon grated lemon rind
2 tablespoons butter	dash of salt
$\frac{3}{4}$ cup sugar	2 eggs, well beaten
$\frac{3}{4}$ cup cooked, drained and chopped apricots	6 apricot halves
	$\frac{1}{2}$ cup grated coconut

Combine crumbs, milk, butter and sugar; heat to boiling point, stirring constantly; then cool. Add apricots, lemon juice and rind, salt and eggs. Turn into greased baking dish, top with apricot halves and sprinkle with coconut. Place in pan of hot water and bake in moderate oven (350° F.) 45 to 50 minutes, or until firm. Approximate yield: 6 portions.

CARAMEL BREAD PUDDING

$\frac{1}{3}$ cup firmly packed brown sugar	$\frac{1}{4}$ teaspoon salt
2 tablespoons butter, melted	4 slices stale bread
4 cups milk	$\frac{1}{2}$ cup peanut butter
3 eggs	1 teaspoon vanilla

Add sugar to butter and cook over low heat 5 minutes, stirring constantly. Scald milk; add sugar and butter, stirring until sugar is dissolved; then add slowly to eggs and salt, mixing well. Spread both sides of bread with peanut butter; place in greased baking dish and add custard mixture and vanilla. Place in pan of hot water; bake in moderate oven (350° F.) for 45 to 50 minutes, or until firm. Serve warm or cold, with or without cream. Approximate yield: 6 portions.

LEMON MERINGUE PUDDING

$\frac{1}{2}$ cup water	$\frac{1}{3}$ cup butter
$1\frac{1}{2}$ teaspoons grated lemon rind	1 cup sugar
$\frac{1}{4}$ cup lemon juice	2 eggs, separated
2 cups fresh, soft bread crumbs	

Add water to lemon rind and juice. Cream butter, add $\frac{3}{4}$ cup sugar and beat well; beat in egg yolks and stir in crumbs and water-lemon mixture. Turn into greased baking dish, place in pan of hot water and bake in moderate oven (350° F.) for 30 to 35 minutes, or until firm. Beat egg whites until stiff, add remaining $\frac{1}{4}$ cup sugar gradually, beating until blended. Spread on pudding and bake 15 minutes longer, or until meringue is delicately browned. Approximate yield: 6 portions.

COCONUT BREAD PUDDING

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Use recipe for Custard Bread Pudding (page 679); sprinkle each slice of bread liberally with shredded coconut before moistening with custard mixture. Approximate yield: 6 portions.

QUEEN OF PUDDINGS

1 cup fine, dry bread crumbs	¾ cup sugar
1 pint milk	3 eggs, separated
2 tablespoons butter	1 pint raspberries

Soak crumbs in milk 5 minutes, or until thickened. Cream butter, stir in ½ cup sugar and add well-beaten egg yolks. Stir into soaked crumbs; turn into greased casserole, place in pan of hot water and bake in moderate oven (350° F.) for 1 hour, or until firm. Place berries on top. Make a meringue of egg whites and remaining sugar; pile on berries and bake 10 minutes longer, or until delicately browned. Cool thoroughly before serving. Approximate yield: 6 portions.

CAKE CRUMB PUDDING

1 cup dry cake crumbs	¼ cup butter, creamed
½ cup milk (about)	1 cup peach preserves
4 egg yolks, beaten	1 cup chopped nut meats
1 cup sugar	½ cup heavy cream, whipped

Soak cake crumbs in enough milk to moisten (amount depends on softness of crumbs). Mix egg yolks, sugar and butter; add cake crumbs, mixing well; then add preserves and nuts. Turn into greased baking dish and bake in slow oven (300° F.) until firm. Serve with whipped cream. Approximate yield: 6 portions.

MINUTE RICE PUDDING

1 cup cooked rice	½ cup sugar
2 cups milk	dash of salt
2 eggs, separated	dash of nutmeg
	½ cup raisins

Heat rice and milk in top of double boiler. Beat egg yolks until thick, add sugar, salt and nutmeg; stir in about ½ cup hot milk-rice mixture; then add to remaining mixture in double boiler, add raisins and cook 3 to 5 minutes, or until thickened. Fold into stiffly beaten egg whites, chill and serve with cream. Approximate yield: 6 portions.



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RICE CUSTARD

1½ tablespoons rice	⅛ teaspoon salt
2 eggs, well beaten	⅛ teaspoon nutmeg
⅓ cup sugar	3 cups milk
	¾ teaspoon vanilla

Wash rice, add egg, sugar, seasonings and milk. Turn into casserole, set in pan of hot water and bake in slow oven (300° F.) for 1 hour, or until rice is done, stirring frequently. Add vanilla. Approximate yield: 6 portions.

BAKED RICE PUDDING

¾ cup uncooked rice	¾ teaspoon salt
1½ quarts milk	dash of nutmeg
¾ cup sugar	¾ cup seedless raisins

Wash rice, add milk, sugar and salt and place in greased baking dish. Bake, uncovered, in slow oven (250°–275° F.) for 2 to 3 hours, stirring mixture well with fork several times during the first hour of baking. Add nutmeg and raisins, and continue baking, stirring whenever a brown film forms on top. Yield: 6 to 8 portions.

RICE PUDDING

2 cups milk	⅓ cup sugar
1 stick cinnamon	4 eggs, slightly beaten
¼ cup butter	½ cup cooked rice
	¼ cup raisins

Scald milk with cinnamon; remove cinnamon and add butter and sugar, stirring well. Add slowly to beaten eggs, mixing well; add rice and raisins. Turn into buttered baking dish and bake in slow oven (300° F.) for 45 minutes, or until browned. Yield: 6 portions.

LEMON CEREAL PUDDING

1½ cups hot wheat cereal	¼ cup lemon juice
¾ cup sugar	1 tablespoon butter, melted
	1 egg, well beaten

Combine ingredients, beating until smooth. Turn into greased individual molds and bake in moderate oven (350° F.) for 20 minutes. Cool and chill; unmold and serve with Lemon Sauce (page 627). Approximate yield: 6 portions.

CRISP FRUIT PUDDING

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1 quart huckleberries	1 cup sugar
4 cups cornflakes	$\frac{1}{4}$ cup butter
	$\frac{1}{4}$ cup water

Wash and pick over berries. Place a layer of cornflakes in a greased baking dish, then a layer of berries; sprinkle with sugar and dot with butter. Repeat until material is used, topping with a layer of cereal. Add water and bake in hot oven (400° F.) for 30 minutes. Approximate yield: 6 portions.

APPLE CORNFLAKE PUDDING

2 cups cornflakes	$\frac{1}{2}$ cup firmly packed brown sugar
2 cups sliced cooking apples	1 teaspoon cinnamon
	2 tablespoons butter

Place a layer of cornflakes in a well-buttered baking dish; then a layer of thinly sliced apples; sprinkle with a mixture of brown sugar and cinnamon and dot with butter. Repeat until material is used. Bake in moderately hot oven (375° F.) for 30 to 40 minutes. Serve with cream. Approximate yield: 6 portions.

OATMEAL FRUIT PUDDING

4 large apples	$\frac{1}{2}$ cup raisins
$\frac{1}{4}$ cup butter, melted	2 cups cooked oatmeal
$\frac{1}{2}$ cup firmly packed brown sugar	$\frac{1}{2}$ teaspoon cinnamon

Pare and dice apples, sauté in butter until browned; add sugar and cook over low heat, stirring constantly until apples are glazed and sugar begins to brown. Place alternate layers of apples, raisins and oatmeal in greased baking dish, sprinkling each layer with cinnamon. Bake in moderate oven (350° F.) for 20 minutes. Yield: 6 portions.

GOOSEBERRY PUDDING

2 quarts gooseberries	2 cups sugar
4 cups water	$\frac{3}{4}$ cup cooked farina

Wash and pick over berries. Simmer in water $\frac{1}{2}$ hour; force through fine sieve. Add sugar mixed with farina and cook 10 minutes longer, stirring constantly. Pour into individual molds lightly greased with olive oil and chill until firm. Unmold and serve with cream. Approximate yield: 6 portions.

PEACH HOMINY PUDDING

2 cups cooked hominy	3 tablespoons sugar
1 cup milk	$\frac{1}{2}$ teaspoon vanilla
$\frac{1}{4}$ teaspoon nutmeg	6 canned peach halves, drained
2 eggs, slightly beaten	$\frac{1}{2}$ cup heavy cream, whipped

Mix hominy, milk and nutmeg, and beat until smooth. Add eggs and sugar. Heat over hot water, stirring constantly; add vanilla. Place peach halves in baking dish, pour hominy mixture over them; place baking dish in pan of hot water and bake in moderate oven (350° F.) for 1 hour, or until firm. Serve hot with cream sweetened with syrup from peaches. Approximate yield: 6 portions.

BAKED INDIAN PUDDING

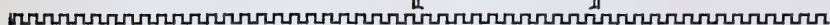
5 cups milk	1 teaspoon salt
$\frac{2}{3}$ cup dark molasses	$\frac{3}{4}$ teaspoon cinnamon
$\frac{1}{3}$ cup sugar	$\frac{3}{8}$ teaspoon nutmeg
$\frac{1}{2}$ cup yellow cornmeal	$\frac{1}{4}$ cup butter

Scald 4 cups milk and add molasses, sugar, cornmeal, salt, spices and butter. Cook over hot water 20 minutes or until mixture thickens, stirring constantly. Turn into baking dish, add remaining cold milk, but do not stir. Bake in slow oven (300° F.) for 3 hours without stirring. Serve warm with cream, hard sauce or ice cream. Approximate yield: 10 portions.

VANILLA SOUFFLÉ

$\frac{3}{4}$ cup Thick White Sauce (page 91)	1 teaspoon vanilla
3 eggs, separated	$\frac{1}{4}$ teaspoon almond extract
$\frac{1}{3}$ cup granulated sugar	powdered sugar
	$\frac{1}{2}$ cup heavy cream, whipped
$\frac{1}{3}$ cup toasted chopped almonds	

Prepare white sauce, omitting pepper; stir in mixture of well-beaten egg yolks, granulated sugar and flavorings. Fold in stiffly beaten egg whites; turn into greased baking dish and sprinkle with powdered sugar. Place in pan of hot water and bake in moderate oven (350° F.) for 50 to 60 minutes, or until firm. Serve at once from baking dish, or serve in sherbet glasses with sweetened whipped cream; sprinkle with almonds. Approximate yield: 6 portions.



CHOCOLATE SOUFFLÉ

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Use recipe for Vanilla Soufflé (page 684), using 2 tablespoons flour for thick white sauce; stir 2 squares chocolate, melted, into white sauce, reduce vanilla to $\frac{1}{2}$ teaspoon and omit almond extract; proceed as directed. Serve with sweetened whipped cream; garnish with chopped nuts. Approximate yield: 6 portions.

LEMON SOUFFLÉ

4 eggs, separated	$\frac{1}{2}$ teaspoon salt
$\frac{1}{4}$ cup hot water	2 teaspoons grated lemon rind
1 cup sugar	$\frac{1}{4}$ cup lemon juice

Beat yolks until thick; add water gradually and continue beating; add sugar gradually, beating thoroughly after each addition. Add salt and lemon rind and juice, and fold in stiffly beaten egg whites. Turn into greased baking dish, set in pan of hot water and bake in moderate oven (350° F.) for 30 to 45 minutes, or until firm. Serve at once with Lemon Sauce (page 627). Approximate yield: 6 portions.

PRUNE SOUFFLÉ

$\frac{1}{2}$ pound prunes, stewed	$\frac{1}{4}$ teaspoon salt
$\frac{1}{2}$ cup sugar	2 tablespoons lemon juice
4 egg whites	$\frac{1}{2}$ cup heavy cream, whipped

Stone prunes and force pulp through coarse sieve. Add sugar and cook 2 minutes, or until sugar is dissolved. Beat egg whites until foamy, add salt and lemon juice, and beat until stiff; gently fold in prune mixture. Turn into baking dish, set in pan of hot water and bake in moderate oven (350° F.) for 30 to 45 minutes, or until firm. Serve at once, with whipped cream. Approximate yield: 6 portions.

PINEAPPLE SOUFFLÉ

$\frac{1}{3}$ cup butter	2 eggs, separated
$\frac{1}{2}$ cup sugar	1 cup bread crumbs
	1 cup grated pineapple

Cream butter and sugar, and beat well; add beaten egg yolks, then bread crumbs and fruit. Fold in stiffly beaten egg whites and turn into greased baking dish; place in pan of hot water and bake in moderate oven (350° F.) for 35 minutes, or until firm. Approximate yield: 6 small portions.

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CASHEW NUT SOUFFLÉ

6 ladyfingers	½ cup sugar
6 macaroons	1 teaspoon salt
1 cup milk, scalded	1 teaspoon vanilla
3 eggs, separated	1 cup chopped cashew nuts
	½ cup heavy cream, whipped

Soak ladyfingers and macaroons in hot milk; arrange around bottom and sides of greased baking dish, and pour in any remaining milk. Beat thoroughly egg yolks, sugar, salt and vanilla; add nuts and fold in stiffly beaten egg whites. Turn into cake-lined dish and bake in moderate oven (350° F.) for 30 minutes, or until firm and well browned. Serve at once with whipped cream. Approximate yield: 6 portions.

BAKED CIDER PUDDING

½ cup shelled almonds	1 teaspoon grated lemon rind
¾ cup dry bread crumbs	½ teaspoon cinnamon
3 eggs, separated	2 cups cider
¾ cup sugar	1 cup heavy cream, whipped

Put almonds and crumbs through food chopper, using finest knife. Beat egg yolks well, add sugar and beat until fluffy; add lemon rind, cinnamon, almonds and bread crumbs. Fold in stiffly beaten egg whites, and turn into well-greased spring form. Bake in moderate oven (350° F.), 30 to 40 minutes, or until firm. Unmold; heat cider and pour slowly over cake as soon as it is turned from the pan. Serve with whipped cream. Approximate yield: 1 (8-inch) cake.

APPLE BETTY

6 medium-sized cooking apples	1½ teaspoons cinnamon
1½ cups moist bread crumbs	1½ tablespoons butter
¾ cup sugar	2 tablespoons grated orange rind
	½ cup water

Pare, core and slice apples; place half in casserole. Combine bread crumbs, sugar and cinnamon; sprinkle one half over apples and dot with half the butter. Repeat with remaining apples, crumbs and butter. Sprinkle with orange rind; add water and cover. Bake in moderate oven (375° F.) for 45 minutes. Serve with Hard Sauce (page 632), or Foamy Sauce (page 630). Approximate yield: 6 portions.

MODIFICATIONS OF APPLE BETTY

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(Use recipe on page 686)

Pineapple Betty—Substitute 3 cups diced canned pineapple for apples.

Mincemeat Brown Betty—Use 1 cup mincemeat and 4 apples.

Rhubarb Brown Betty—Substitute 2½ cups stewed rhubarb for apples.

CRISPY BLUEBERRY BETTY

3 cups blueberries	4 slices French Toast (page 141)
¾ cup sugar	2 tablespoons powdered sugar
dash of salt	¼ teaspoon nutmeg
2 tablespoons lemon juice	Hard Sauce (page 632)

Wash and pick over berries; add sugar, salt, and lemon juice, and cook 10 minutes; turn into baking dish. Cut French Toast in small squares and arrange over berries; sprinkle with powdered sugar and nutmeg. Bake in moderate oven (375° F.) about 30 minutes. Serve with hard sauce. Approximate yield: 6 portions.

APPLE SCALLOP

1 cup flour	¼ cup firmly packed brown sugar
½ cup butter, or butter and other shortening	4 cups sliced apples
	dash of cinnamon

Blend flour, butter and sugar with pastry blender to form crumbly mixture. Arrange apples in buttered baking dish, sprinkle with cinnamon and cover with flour mixture. Bake in moderately hot oven (375° F.) about 45 minutes, or until apples are tender and crumbs browned. Serve with cream or Lemon Sauce (page 627). Yield: 6 portions.

WAFFLE SHORTCAKES

Use Cream Waffles (page 107), Nut Waffles (page 107), Coconut Waffles or Lemon or Orange Waffles (page 107), or Chocolate Waffles (page 694); brush with melted butter and spread jelly or jam on half of each waffle; fold other half over jelly and sprinkle top with powdered sugar. Or spread ice cream between and on top of 2 waffles; serve with crushed fruit or Chocolate Sauce (page 629) or Butterscotch Sauce (page 632). Or use baked waffles in recipe for Biscuit Shortcake (page 688). Gingerbread Waffles (page 108) may be used as shortcake with ice cream, sliced bananas, or applesauce.



BISCUIT SHORTCAKE

Prepare Baking Powder Biscuit dough (page 114) with $\frac{1}{3}$ cup shortening. Roll or pat dough $\frac{1}{4}$ inch thick and cut with floured 3-inch biscuit cutter. Place $\frac{1}{2}$ of rounds in shallow baking pan, brush with melted butter and cover with remaining halves. Brush tops with butter and bake in hot oven (450° F.) for 15 minutes. Separate halves, spread soft sides with softened butter and cover bottom halves with fruit; lay other halves on top, soft sides up, and cover with fruit. Serve with plain or whipped cream. For large cake, divide dough in half and pat each gently into an 8-inch layer pan. Bake and put together as for individual cakes. Or bake in one layer and split. Approximate yield: 6 portions.

Fresh fruit such as berries, pitted cherries, sliced apricots and peaches, orange sections, sliced bananas, or stewed fruits may be used. Use about 4 cups fruit and prepare as follows:

Strawberries and Raspberries—Crush 3 cups very slightly with fork, sweeten to taste and let stand in warm room 2 to 3 hours to draw out juices. Serve remaining berries, whole or split, on top.

Blueberries and Blackberries—Bring berries to a boil in hot syrup, using $\frac{1}{2}$ to 1 cup sugar and $\frac{1}{4}$ to $\frac{1}{2}$ cup water; cool.

Cherries—To pitted cherries add $\frac{1}{2}$ to $\frac{3}{4}$ cup sugar and 3 tablespoons water, and simmer 2 minutes, stirring until sugar is dissolved; cool.

Peaches and Apricots—Use 1 large peach or 3 apricots for one portion; peel, slice and sweeten to taste. Or simmer about 5 minutes in syrup, using equal amounts sugar and water; chill and add a drop of almond extract, if desired.

CAKE SHORTCAKE

Bake One Egg Cake (page 542) or Sponge Cake (page 572) in 1 square loaf pan or cup cake pans; split while warm and place chilled sweetened fruit (see above) between layers and on top. Serve with whipped cream; garnish with fruit sections or whole berries.

GOLDEN SHORTCAKE

Prepare Gold Loaf Cake (page 551); while warm cut in slices; put 2 slices together, layer fashion, placing chilled, sweetened berries between layers and on top. Garnish with whipped cream.

ROYAL ANNE SHORTCAKES

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2 cups sifted flour	½ cup milk
3 teaspoons baking powder	soft butter
½ teaspoon salt	¼ cup almonds, blanched and
2 tablespoons sugar	shredded
5 tablespoons shortening	1 can (No. 3½) Royal Anne cherries,
1 egg, well beaten	pitted
6 whole almonds, blanched	

Mix and sift flour, baking powder, salt and sugar; cut in shortening. Combine egg and milk; add to dry ingredients, mixing quickly to form a soft dough. Turn out on lightly floured board; knead lightly and roll ¼ inch thick. Cut 12 rounds. Spread 6 with soft butter and place other 6 on top. Press a few shredded almonds into top. Bake in hot oven (450° F.) for 12 minutes, or until done. Separate hot shortcakes and put cherries between and on top of layers. Garnish with whole almonds. Yield: 6 portions.

SHORTCAKE "FRAISES D'ISIGNY"

1 package vanilla pudding powder	1 cup heavy cream, whipped
2 cups milk	⅓ cup granulated sugar
2 teaspoons vanilla	6 sponge rings
3 teaspoons kirsch or cherry cordial	1 pint ripe strawberries, crushed

Make a thick custard of the pudding powder and milk. Add vanilla and kirsch; chill. Sweeten cream with 2 tablespoons sugar and fold it rather unevenly into the custard, saving a small amount for decoration later; chill. Fill centers of sponge rings with chilled custard. Add a spoonful of crushed strawberries sweetened with remaining sugar, and garnish with additional whipped cream. Yield: 6 portions.

CRISPY SHORTCAKE

2 cups sifted flour	⅓ cup sugar
4 teaspoons baking powder	½ cup heavy cream
¾ teaspoon salt	¼ cup water
½ cup shortening	

Mix and sift flour, baking powder, salt and sugar. Mix cream and water. Cut shortening into flour; then stir in the liquid quickly. Drop dough in rather large, flat circles on ungreased pan or cookie sheet about 2 inches apart to allow for spreading; bake in hot oven (450° F.) for 15 minutes. For strawberry shortcake, serve warm split and covered with strawberry ice cream with a ring of sugared strawberries and strawberry juice. Approximate yield: 6 portions.

APPLE ROLY POLY

Prepare Baking Powder Biscuit dough (page 114); roll $\frac{1}{4}$ inch thick. Spread with a mixture of 1 cup diced apple, $\frac{1}{2}$ cup raisins, 1 teaspoon cinnamon, $\frac{1}{2}$ cup sugar and $\frac{1}{4}$ cup firmly packed brown sugar. Roll as for jelly roll; cut crosswise in 2-inch slices, place in greased baking pan and add $\frac{3}{4}$ cup water. Bake in hot oven (400° F.) for 30 minutes. Serve with Lemon Sauce (page 627). Approximate yield: 6 portions.

BLACK CURRANT PUDDING

Stem 1 quart black currants, wash and place in shallow pan with empty cup set inverted in center. Sprinkle 1 cup sugar mixed with 1 tablespoon flour over fruit. Prepare Baking Powder Biscuit dough (page 114) and roll about $\frac{1}{2}$ inch thick to fit pan; make several gashes to permit escape of steam; place over fruit and press edges down on pan. Bake in moderately hot oven (375° F.) for 45 minutes. Serve hot with juice collected in cup. Approximate yield: 6 portions.

PEACH ROLL

Prepare Baking Powder Biscuit dough (page 114); roll $\frac{1}{2}$ inch thick. Pare and slice 6 peaches, place on dough and sprinkle with $\frac{1}{2}$ cup sugar and $1\frac{1}{2}$ tablespoons lemon juice. Roll as for jelly roll; place, seam down, on greased baking sheet. Brush with butter and bake in hot oven (400° F.) for 25 to 30 minutes. Serve with Lemon Sauce (page 627). Approximate yield: 6 portions.

MODIFICATIONS OF PEACH ROLL

Blackberry Roll—Substitute 1 pint blackberries for peaches. Omit lemon juice and dust with cinnamon. Serve with whipped cream or Foamy Egg Sauce (page 630).

Blueberry Roll—Substitute 1 pint blueberries for peaches. Serve with Hard Sauce (page 632).

Apricot Roll—Substitute $1\frac{1}{2}$ cups sweetened, cooked dried apricots for peaches; omit sugar.

Gooseberry Roll—Substitute 1 pint gooseberries for peaches; sweeten with $\frac{1}{4}$ cup firmly packed brown sugar and omit lemon juice.



APPLE PAN DOWDY

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- | | |
|------------------------|-----------------------------|
| 5 medium-sized apples | ¼ teaspoon cinnamon |
| 3 tablespoons sugar | ¼ teaspoon salt |
| 3 tablespoons molasses | ½ recipe Drop Baking Powder |
| ¼ teaspoon nutmeg | Biscuits (page 115) |
| ½ cup hot water | |

Pare and slice apples and place in casserole; add sugar, molasses, spices, salt and water; cover and bake in hot oven (400° F.) for 20 minutes, or until apples are soft. Prepare drop biscuit dough with ⅓ cup shortening and milk to make a soft dough. Turn out on apples, spreading evenly, and bake in hot oven (450° F.) for 15 to 20 minutes. Serve hot with Hard Sauce (page 632). Approximate yield: 6 portions.

DUTCH APPLE CAKE

- | | |
|---------------------------|---------------------------------|
| 2 cups sifted flour | ¾ cup milk |
| 3 teaspoons baking powder | ¼ cup butter, melted |
| ½ teaspoon salt | ⅓ cup firmly packed brown sugar |
| 2 tablespoons sugar | ½ teaspoon cinnamon |
| ⅓ cup shortening | ½ teaspoon nutmeg |
| 1 egg, well beaten | 2 cups thinly sliced apples |

Mix and sift flour, baking powder, salt and sugar. Cut in shortening. Combine egg and milk and add to flour mixture, stirring quickly to make a soft dough. Mix butter, sugar and spices, and spread over bottom of 8-inch square pan. Cover with apple slices. Turn dough over apples and pat out to cover top. Bake in moderate oven (350° F.) for 1 hour. Serve with cream. Approximate yield: 6 portions.

SOUR CHERRY COBBLER

- | | |
|---------------------------|----------------------------------------|
| 1½ cups sifted flour | ⅓ cup milk |
| 2 teaspoons baking powder | 1 egg, beaten |
| ½ teaspoon salt | 2 cups sweetened sour cherries, canned |
| ½ cup sugar | or cooked |
| ¼ cup butter | 1 tablespoon quick-cooking tapioca |

Mix and sift flour, baking powder, salt and sugar. Cut in butter. Combine milk and egg; add to dry ingredients, stirring just until all flour is dampened. Pour cherries into baking dish and sprinkle with tapioca. Drop batter in six mounds on cherries. Bake in hot oven (450° F.) for 15 minutes; then reduce heat to moderate and bake 30 minutes longer. Approximate yield: 6 portions.

DESSERTS [COTTAGE PUDDINGS]

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PEACH COBBLER

3 tablespoons quick-cooking tapioca 3 cups fresh, sliced peaches
 $\frac{1}{2}$ cup sugar $\frac{3}{4}$ cup water
2 tablespoons melted butter

1 recipe Baking Powder Biscuits (page 114)

Combine tapioca, sugar, butter, peaches and water. Turn dough out on lightly floured board, knead slightly; roll $\frac{2}{3}$ of dough into a rectangle $\frac{1}{4}$ inch thick; cut into 2-inch strips and line sides of 8 x 8 x 2 inch pan, fitting dough closely into corners; fill with peach mixture. Roll remaining $\frac{1}{3}$ dough $\frac{1}{4}$ inch thick; with sharp knife make slits to permit escape of steam. Fit over peaches, pressing edges of dough together with fork dipped in flour. Bake in hot oven (450° F.) 15 minutes; then reduce heat to moderate (350° F.) and bake 25 minutes longer. Sprinkle powdered sugar over top. Yield: 6 portions.

COTTAGE PUDDING

$1\frac{3}{4}$ cups sifted flour 1 cup sugar
 $2\frac{1}{2}$ teaspoons baking powder 1 egg
 $\frac{1}{2}$ teaspoon salt $\frac{1}{2}$ teaspoon lemon extract
 $\frac{1}{4}$ cup shortening $\frac{2}{3}$ cup milk
 $\frac{1}{2}$ cup grape jelly

Mix flour, baking powder and salt, and sift 3 times. Cream shortening until soft; add sugar gradually, beating until light; beat in egg and flavoring. Add flour alternately with milk, beating until smooth after each addition; turn into greased square pan 8 x 8 x 2 inches. Bake in moderate oven (350°–375° F.) for 30 to 45 minutes, or until done. Cut in squares, split, and spread grape jelly between and on top of layers; serve with whipped cream, if desired. Yield: 6 portions.

MODIFICATIONS OF COTTAGE PUDDING

Cherry Pudding—Add 1 cup pitted large sweet cherries, drained, to batter. Serve with Hard Sauce (page 632). Use other fruit such as blueberries, sliced peaches or apricots.

Pineapple Topped Pudding—Place 2 cups canned shredded pineapple, drained, in greased pan and sprinkle with 4 tablespoons brown sugar; cover with batter and bake as directed. Invert on large plate and serve with whipped cream.

BABA AU RHUM

2 cups sifted all purpose flour	3 eggs, well beaten
1 cake yeast	$\frac{1}{3}$ cup melted butter
4 tablespoons warm milk	$1\frac{1}{2}$ tablespoons sugar
dash of salt	

Sift flour into a bowl and make a hollow in center. Soften yeast in warm milk and pour into the bowl. Work a little flour into it and cover the bowl. Let stand in a warm place 5 minutes. Then mix well, adding eggs. Knead 5 minutes. Cover bowl and let stand in warm place 45 minutes. Add sugar, butter and salt. Mix well and knead 5 minutes longer or until all fat is absorbed and dough is smooth and satiny. Place in a small buttered tube pan or turks head pan, filling not more than $\frac{1}{2}$ full. Cover and let rise almost to the top. Bake in a moderate oven (375° F.) 40 minutes. Invert on rack and pour rum sauce over it slowly so the cake absorbs the sauce evenly.

Rum Sauce—Combine $\frac{1}{2}$ pound loaf sugar with $\frac{1}{2}$ cup water and cook 1 minute or until all sugar is dissolved. Cool and add $\frac{1}{3}$ cup rum.

DATE TORTE PUDDING

$\frac{1}{4}$ cup flour	2 eggs, well beaten
$\frac{1}{2}$ teaspoon baking powder	$\frac{1}{2}$ teaspoon vanilla
$\frac{1}{8}$ teaspoon salt	$1\frac{1}{2}$ cups chopped dates
$\frac{3}{4}$ cup sugar	$1\frac{1}{2}$ cups broken walnut meats

Mix and sift flour, baking powder and salt. Beat sugar into eggs; add vanilla and stir in date and nut mixture; then add flour mixture. Turn into greased shallow glass baking pan; bake in slow oven (325° F.) for 50 to 60 minutes, or until mixture springs back when pressed with finger. Serve cold in same dish, topped with whipped cream; or serve in squares on individual plates and top with cream. Dry bread crumbs may be substituted for flour in equal amount. Yield: 6 to 8 portions.

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RAGGEDY ANN TORTE

6 egg whites	1 teaspoon vanilla
dash of salt	1 teaspoon vinegar
¼ teaspoon cream of tartar	1 pint orange ice
1½ cups sugar	1 quart raspberry ice
3 oranges, sections removed	

Beat egg whites until frothy, sprinkle salt and cream of tartar over top, and beat until stiff. Gradually beat in ½ cup sugar, then vanilla and vinegar; fold in, carefully, remaining 1 cup sugar, sprinkling about 2 tablespoons at a time over the top. Turn into buttered 10-inch spring form and bake in slow oven (300° F.) for 1 hour, or until firm. Invert pan to cool; the inside of cake will shrink leaving a cavity. Remove sides of spring form and cut out center portion from torte and reserve this for top of dessert. Place orange ice in bottom of torte and raspberry ice on top; decorate with sections of chilled orange and place center portion of torte on top. Serve at once. For variation, fill with ice cream with a center layer of fruit and top with whipped cream. Approximate yield: 10 to 12 portions.

CHOCOLATE DESSERT WAFFLES

2½ cups sifted cake flour	¼ cup cocoa
4 teaspoons baking powder	2 eggs, separated
½ teaspoon salt	1½ cups milk
½ cup sugar	¼ teaspoon vanilla
⅓ cup shortening, melted	

Mix and sift dry ingredients. Combine well-beaten egg yolks, milk and vanilla; add to flour mixture, beating until smooth; add shortening and fold in stiffly beaten egg whites. Bake in hot waffle iron. Serve with whipped cream or ice cream as a dessert. Yield: 10 waffles.

RHUBARB PUDDING

4 cups unsweetened stewed rhubarb	1 recipe Baking Powder Biscuits
2 cups sugar	(page 114)
1 tablespoon grated orange rind	

Drain rhubarb and reserve juice for sauce, add sugar and orange rind to thick fruit and turn into baking dish. Prepare biscuit dough, using only 1½ tablespoons shortening and ¾ cup light cream for liquid; shape to baking dish and place over rhubarb. Tie oiled paper over top and steam 45 minutes. Approximate yield: 6 portions.

SUET PUDDING

1 cup ground suet	2 teaspoons baking powder
1 cup molasses	½ teaspoon salt
1 cup raisins	1 teaspoon cloves
1 cup currants	1 teaspoon cinnamon
3 cups sifted flour	1½ cups milk

Combine suet, molasses, raisins and currants. Mix and sift dry ingredients; add to suet mixture alternately with milk, beating until smooth after each addition. Turn into greased 2-quart mold, cover tightly and steam 5 hours. Serve with Lemon Sauce, Hard Sauce, or Foamy Egg Sauce (pages 627 to 632). Yield: 10-12 portions.

STEAMED FIG PUDDING

½ cup butter	½ cup milk
½ pound dried figs, ground	2 eggs
2¾ cups moist bread crumbs	¾ cup sugar
1½ teaspoons baking powder	3 tablespoons brandy
¼ teaspoon salt	1 cup heavy cream, whipped

Cream butter until soft; stir in figs. Combine bread crumbs, baking powder, salt; add milk and stir into fig mixture. Beat eggs until foamy; add sugar gradually, beating until light and fluffy. Add to fig-milk mixture, mixing well. Add brandy and turn into greased 1½-pint mold. Cover and steam 2½ hours. Remove from mold. Serve with whipped cream, sweetened and flavored with rum or brandy, as desired. Approximate yield: 6 portions.

CARROT PUDDING

⅔ cup sifted flour	¼ teaspoon nutmeg
1 teaspoon baking powder	⅔ cup sugar
¾ teaspoon baking soda	⅔ cup currants
¾ teaspoon salt	⅔ cup raisins
½ teaspoon cinnamon	⅔ cup grated raw potatoes
¼ teaspoon cloves	⅔ cup grated raw carrots
	½ cup milk

Mix and sift dry ingredients. Add the fruits and stir until well coated; stir in potatoes, carrots and milk. Fill a greased 1-quart mold ⅔ full, cover tightly and steam 2½ hours. Serve with Hard Sauce (page 632). Approximate yield: 6 portions.



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OLD ENGLISH PLUM PUDDING

$\frac{3}{4}$ cup sifted flour	$\frac{1}{4}$ pound figs, chopped
$1\frac{1}{2}$ teaspoons salt	2 ounces citron, chopped
$\frac{1}{2}$ nutmeg, grated	2 ounces candied orange peel, chopped
$\frac{1}{4}$ teaspoon cinnamon	$\frac{1}{2}$ cup fine bread crumbs
$\frac{1}{3}$ teaspoon mace	1 cup hot milk
$\frac{1}{3}$ teaspoon cloves	$\frac{1}{4}$ cup sugar
$\frac{1}{2}$ pound seeded raisins	4 eggs, separated
$\frac{1}{4}$ pound dried currants	$\frac{1}{2}$ pound fresh beef suet, ground
$\frac{1}{2}$ cup boiled cider	

Mix and sift flour, salt and spices; stir in fruits. Soak crumbs in milk 10 minutes. Beat sugar into well-beaten egg yolks; and add suet and soaked crumbs; stir into flour-fruit mixture. Add cider and mix well; fold in stiffly beaten egg whites. Turn into greased $1\frac{1}{2}$ -quart mold, cover and steam $3\frac{1}{2}$ hours. Approximate yield: 12 portions.

HIGHLAND FEATHER CRUST PUDDING

2 cups sifted flour	2 tablespoons butter
3 teaspoons baking powder	4 large apples, pared and sliced
$\frac{1}{4}$ teaspoon salt	1 egg, beaten
$\frac{1}{2}$ cup sugar	$\frac{3}{4}$ cup milk

Mix and sift flour, baking powder, salt and sugar. Cut in shortening; add apples. Combine egg and milk; add to flour-apple mixture, stirring just until flour is dampened. Turn into greased baking pan, cover with greased paper and steam $1\frac{1}{4}$ hours. Serve with Foamy Sauce (page 630). Approximate yield: 6 portions.

STEAMED CHOCOLATE PUDDING

1 cup sifted cake flour	$\frac{1}{2}$ cup sugar
1 teaspoon baking powder	1 egg
$\frac{1}{4}$ teaspoon salt	1 square chocolate, melted
1 tablespoon shortening	1 teaspoon vanilla
$\frac{1}{2}$ cup milk	

Mix and sift flour, baking powder and salt. Cream shortening, gradually beat in sugar, then egg. Stir in chocolate and vanilla; add flour alternately with milk, beating until smooth after each addition. Turn into greased individual molds, filling them $\frac{2}{3}$ full; cover and steam 45 minutes. Approximate yield: 6 portions.



STEAMED QUAKER PUDDING

4 cups fine, dry bread crumbs	¼ teaspoon cloves
1 cup milk	¼ teaspoon allspice
½ cup molasses	1 teaspoon baking soda
½ cup butter, melted	1 cup seeded raisins, chopped
2 teaspoons cinnamon	½ cup finely chopped citron
	¼ cup flour

Soak crumbs in milk 1 hour; beat until smooth. Add molasses, butter, spices and baking soda; beat well. Add fruit dredged with flour, and mix thoroughly. Turn into greased 2-quart mold, cover and steam for 3 hours. Serve hot with Hard Sauce (page 632) or a Sherry Sauce (page 634). Approximate yield: 8 portions. This old Quaker recipe dates back to the later 1700's. It is a most delectable—and digestible—proxy for the stodgier plum pudding.

PERSIMMON PUDDING

1 cup flour	½ cup seedless raisins
½ teaspoon baking soda	½ cup chopped nuts
½ teaspoon salt	1 cup fresh persimmon pulp
½ teaspoon cinnamon	½ cup milk
¾ cup sugar	1 teaspoon vanilla

Mix and sift flour, soda, salt, cinnamon and sugar; stir in raisins and nuts. Combine remaining ingredients; stir into flour mixture. Turn into greased mold, filling it about $\frac{2}{3}$ full; cover tightly and steam 1 hour. Omit raisins if desired; this pudding may be turned into a greased loaf pan and baked in a slow oven (325° F.) about 50 minutes. Serve with Hard Sauce (page 632) flavored with brandy. Approximate yield: 6 portions.

PRINCESS PUDDING

½ cup shortening	6 eggs, separated
½ cup flour	dash of salt
2 cups milk	2 teaspoons sugar
	½ teaspoon crushed cardamom seed

Melt shortening and stir in flour; add milk slowly and cook over low heat 5 minutes, or until thick and smooth, stirring constantly. Cool. Beat in egg yolks, one at a time; add salt, sugar and cardamom seeds. Fold in stiffly beaten egg whites and turn into greased 2-quart mold; cover tightly and steam 2 hours. Unmold and serve hot with a fruit sauce. Approximate yield: 8 portions.

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STEAMED CRANBERRY PUDDING

2½ cups sifted flour	1 cup sugar
4 teaspoons baking powder	2 eggs, well beaten
½ teaspoon salt	½ cup milk
½ cup shortening	1½ cups cranberries

Cranberry Sauce (page 64)

Mix and sift flour, baking powder and salt. Cream shortening and add sugar gradually, beating thoroughly after each addition; beat in eggs. Add flour alternately with milk, beating until smooth after each addition; stir in cranberries. Turn into greased tube pan, or other deep baking pan, filling pan $\frac{2}{3}$ full; cover with greased paper. Place on rack in kettle of boiling water; have water come up half-way around pan. Cover kettle and steam 2 to 3 hours. Keep water boiling gently, adding more hot water as needed. Serve with cranberry sauce. Approximate yield: 6 portions.

LEMON SNOWBALLS

1 cup sifted flour	1 cup granulated sugar
1 teaspoon baking powder	3 tablespoons water
¼ teaspoon salt	1 teaspoon grated lemon rind
3 eggs, separated	2 tablespoons lemon juice
	powdered sugar

Mix and sift flour, baking powder and salt. Beat egg yolks, add granulated sugar gradually, beating until thick and light. Add water, lemon rind and juice; stir in flour and fold in stiffly beaten egg whites. Fill greased custard cups $\frac{2}{3}$ full; tie greased paper over tops and steam 30 minutes. Turn from cups and roll in powdered sugar; serve with Lemon Sauce (page 627) or any fruit sauce. Yield: 6-8 portions.

SWEET FRITTER BATTER

1 cup sifted flour	2 tablespoons sugar
1 teaspoon baking powder	1 egg, slightly beaten
½ teaspoon salt	¾ cup milk
	1 tablespoon shortening, melted

Mix and sift dry ingredients. Combine egg, milk and shortening; stir into dry ingredients. Use as cover batter for fruits. Approximate yield: 1 cup batter.

COVER BATTER

1 cup flour	1 egg, slightly beaten
¼ teaspoon salt	1 cup milk
1 tablespoon fat, melted	

Mix flour and salt; combine egg, milk and fat, and add gradually to flour, beating with rotary beater until smooth. Use as cover batter for vegetables and meats; or use for fruit fritters and sprinkle fried product with confectioners' sugar. Approximate yield: 1¼ cups batter.

PINEAPPLE FRITTERS

1 large pineapple	Sweet Fritter Batter (page 698)
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Pare and core pineapple; cut in ¾-inch slices, then cut each in quarters. Dip in batter and fry in hot deep fat (370° F.) for 3 to 4 minutes, or until golden brown; drain on unglazed paper. Serve with Lemon Sauce (page 627). Yield: 6 portions.

APPLE FRITTERS

Use recipe for Pineapple Fritters (page 699); substitute 2 large tart apples for pineapple and reduce milk in batter to ½ cup. Pare, core and cut apples crosswise in ¼-inch slices or cut in eighths. Dip each piece in batter and fry as directed. Serve with powdered sugar and Orange Sauce (page 628).

BLUEBERRY FRITTERS

1 cup sifted flour	2 tablespoons sugar
1 teaspoon baking powder	2 eggs, separated
½ teaspoon salt	2—3 tablespoons water
¾ cup blueberries	

Sift together the dry ingredients. Combine beaten egg yolks with water and add to dry ingredients, mixing only until smooth. Fold in stiffly beaten egg whites; add blueberries. Drop by spoonfuls into hot deep fat (350°—365° F.) and cook 2 to 5 minutes, or until browned; drain on unglazed paper. Serve with powdered sugar or Foamy Sauce (page 630), or fruit sauce. Diced banana, apple, peaches or any berry may be substituted for blueberries. Cook cranberries with ½ cup water and sugar until they pop; drain and cool before using. Approximate yield: 6 portions.

DESSERTS [DUMPLINGS]



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FRUIT DUMPLINGS

2 cups sifted flour	1 tablespoon sugar
4 teaspoons baking powder	3 tablespoons shortening
½ teaspoon salt	1 cup milk
	1 cup fruit

Mix and sift flour, baking powder, salt and sugar; cut in shortening. Add milk, stirring quickly to make a stiff dough. Stir in 1 cup fruit such as seeded grapes or berries and drop from tablespoon into rapidly boiling salted water; cover and cook 12 minutes. Drain and serve with any desired sauce. Approximate yield: 6 portions.

MAPLE DUMPLINGS

Use recipe for Fruit Dumplings (see above), omitting fruit; cook in syrup made of 2 cups maple syrup and 1 cup water. Serve dumplings with syrup as sauce. Approximate yield: 6 portions.

QUINCE DUMPLINGS

Use recipe for Fruit Dumplings (page 700), omitting fruit. Fill muffin pans half-full of quince sauce or preserves and drop dumpling mixture on top. Bake in hot oven (425° F.) for 15 to 20 minutes; or steam in steamer for 15 minutes. Serve with Lemon Sauce (page 627). Approximate yield: 6 portions.

BAKED APPLE DUMPLINGS

1 recipe Baking Powder Biscuits (page 114)	1 teaspoon cinnamon
6 medium-sized apples	1 tablespoon grated orange rind
½ cup firmly packed brown sugar	½ cup raisins
dash of salt	2 tablespoons butter
	1 egg white
	powdered sugar

Prepare biscuit dough, using ⅓ cup shortening, or use plain pastry; roll ¼-inch thick and cut in 6-inch squares. Pare and core apples and place one in center of each square; fill cavities with mixture of sugar, seasonings and raisins and dot with butter. Bring opposite corners of dough together on top of apple, moisten edges of one side with water and seal; prick with fork. Brush with slightly beaten egg white and sprinkle with sugar. Bake in hot oven (450° F.) for 10 minutes; then reduce heat to moderate (350° F.) and bake 20 minutes longer. Yield: 6 dumplings.

MOLDED DESSERTS AND SALADS

701

Gelatin desserts and salads require from 2 to 4 hours to set. Use 1 tablespoon gelatin to 2 cups liquid; the greater the amount of acidity (lemon juice, vinegar or other fruit juice) the longer the time required for setting. Gelatin made with fresh pineapple will not set; bring fruit to a boil to destroy the enzymes present in the fresh fruit, which digest or prevent the gelatin from becoming stiff, or use canned pineapple. Pour gelatin mixture into individual molds, large mold or a shallow pan; when fruit or vegetables are arranged around mold it is sometimes helpful to rub mold lightly with olive or other salad oil.

To Unmold Gelatin—Dip mold in warm water almost to edge; remove, shake, cover with plate and invert. If gelatin does not come out at once, repeat.

SIMPLE GELATIN CUPS

Prepare several different kinds of flavored gelatin, following directions on packages; pour each in a shallow pan to make a ½-inch thick layer. When set, serve in sherbet glasses with Custard Sauce (page 629) in one of the following ways:

Cubed Gelatin—Cut firm gelatin in cubes and pile one or more colors into each cup, or serve in combination with cubed fruit.

Flaked Gelatin—With fork break firm gelatin into bits, or force through ricer. Pile one or more colors into each cup in layers, or in combination with fruit.

SELF-LAYERED GELATIN DESSERTS

Canned sweetened fruits are heavier than gelatin mixture and will sink to bottom; fresh fruits are lighter and float on top. For self-layering, add fresh and canned fruits, sliced or diced, to gelatin base.

Apples, nuts and canned cherries

Bananas, canned peaches or apricots

Blueberries, green grapes and canned peaches

Cantaloupe or melon, green grapes, canned grapefruit

Oranges and canned pineapple

Oranges, canned grapefruit and chopped mint

Canned pears, oranges, chopped pecans

Halved and seeded white grapes, canned peaches

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LEMON JELLY

2 tablespoons gelatin	$\frac{3}{4}$ cup sugar
2 cups cold water	dash of salt
1 cup boiling water	$\frac{1}{2}$ teaspoon grated lemon rind
	$\frac{3}{4}$ cup lemon juice

Soften gelatin in $\frac{1}{4}$ cup cold water 5 minutes; add hot water, stirring until dissolved; stir in sugar, salt, lemon rind and juice, and remaining $1\frac{3}{4}$ cups cold water; pour into mold and chill until firm. Unmold and serve with plain or whipped cream, custard sauce, berries, sliced fruit, or stewed fruit. Approximate yield: 6 to 8 portions.

MODIFICATIONS OF LEMON JELLY

Orange Jelly—Reduce cold water to 1 cup and lemon juice to $\frac{1}{4}$ cup and add $1\frac{1}{2}$ cups orange juice; substitute 1 teaspoon grated orange for lemon rind.

Fruit Jelly—Substitute $1\frac{1}{2}$ cups fruit juice drained from canned fruit, for orange juice and add sugar and lemon juice to taste. When slightly thickened, fold in 1 cup diced or sliced fruit, then mold.

Lemon or Orange Whip—When gelatin is slightly thickened, beat with rotary beater until frothy.

Lemon Sponge or Snow Pudding—When gelatin is slightly thickened, beat with rotary beater until frothy, then fold in the stiffly beaten whites of 2 eggs.

PEACH NESTS

Prepare Lemon Jelly (see above); pour into shallow pan to make 1-inch thick layer. When firm, cut in 2- to 3-inch squares; hollow each out slightly to hold peach half, rounded side down. Place fresh cherries with stems in hollow and serve with Custard Sauce (page 629).

PRUNE MEDALLION PUDDING

$1\frac{1}{2}$ cups stewed prunes	$1\frac{3}{4}$ cups hot or boiling water
$\frac{3}{4}$ cup prune juice, drained from prunes	dash of salt
	$\frac{1}{4}$ teaspoon cinnamon
$1\frac{1}{2}$ packages orange-flavored gelatin	2 tablespoons broken nut meats

Pit and chop prunes, add juice. Dissolve gelatin in hot water following directions on package; add prunes and seasonings and chill until slightly thickened. Turn into individual molds and chill until thickened. Unmold and garnish with nut meats. Yield: 6 portions.



DESSERTS CHILDREN LIKE

Top Left: Steamed Carrot Pudding (page 695) is more “grown-up” when steamed in small molds and decorated with gum drops.

Top Right: Orange Sponge Custard (page 673) captures a child’s fancy with its toasted peaks of fluffy meringue.

Lower Left: Peach Nest (page 702) is as simple as it looks—lemon gelatin, a peach half and cherries.

Lower Right: Pieces of dark, meaty prune, ready for the picking, float enticingly in creamy tapioca (page 676).

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MOLDED ORANGE-KUMQUAT JELLY

1 tablespoon gelatin	2 tablespoons lemon juice
2 tablespoons cold water	3 oranges
1 cup boiling water	2 kumquats
½ cup sugar	heavy cream or Custard Sauce
dash of salt	(page 629)
¾ cup orange juice	

Soften gelatin in cold water 5 minutes; add boiling water, stirring until dissolved; stir in sugar and salt, then fruit juices; chill thoroughly. Remove sections from oranges; wash kumquats, cut in slices crosswise, removing seeds. Pour a small amount of slightly thickened gelatin mixture into chilled mold, lightly rubbed with olive oil, and turn mold to cover sides; chill until set. Dip kumquat slices in cooled gelatin and arrange around bottom and sides of mold, adding just enough gelatin to anchor fruit. When set, add gelatin to make a ½-inch layer on bottom, and chill until set; then arrange orange sections as desired, adding gelatin to anchor fruit. Repeat until mold is filled. When ready to serve, unmold on cold serving plate and garnish with mint; serve with whipped cream. Approximate yield: 8 portions.

BANANA SNOW PUDDING

1 tablespoon gelatin	1 cup sugar
¼ cup cold water	¼ cup lemon juice
1 cup boiling water	3 egg whites, stiffly beaten
	3 bananas, sliced

Soften gelatin in cold water 5 minutes; dissolve in boiling water. Add sugar and lemon juice; strain. Chill until slightly thickened, then whip until frothy. Fold in egg whites. Arrange sliced bananas in a large mold or individual molds; turn in gelatin mixture and chill until firm. Unmold. Approximate yield: 6 portions.

SPANISH CREAM

1 tablespoon gelatin	3 eggs, separated
¼ cup cold water	⅓ cup sugar
1½ cups scalded milk	1 teaspoon vanilla

Soften gelatin in cold water 5 minutes; add milk. Combine egg yolks and sugar, add gelatin mixture and cook over hot water 5 minutes, stirring constantly until sugar is dissolved. Cool and chill until slightly thickened. Add vanilla and fold in stiffly beaten egg whites. Turn into mold; chill until firm. Unmold and serve with chocolate or caramel sauce or whipped cream. Yield: 6 small portions.

MODIFICATIONS OF SPANISH CREAM

705

(Use recipe on page 704)

Fruit Spanish Cream—Just before folding in egg whites, stir in 1 cup shredded canned pineapple, drained, 1 cup raspberries, 1 tablespoon lemon juice and $\frac{1}{2}$ cup macaroon crumbs.

Chocolate Spanish Cream—Add 1 square chocolate to milk and heat until chocolate is melted; beat with egg beater until blended; proceed as directed.

Bavarian Cream—Just before folding in egg whites, fold in $\frac{1}{2}$ cup heavy cream, whipped.

Russian Peach Cream—Just before folding in egg whites, fold in mixture of 1 tablespoon lemon juice and $\frac{3}{4}$ cup crushed peach pulp, and $\frac{1}{2}$ cup heavy cream, whipped. Chill until thickened; then beat well, fold in egg whites, turn into mold and chill until firm.

Ginger Cream—Just before folding in egg whites, add $\frac{1}{2}$ cup heavy cream, whipped, 2 tablespoons preserved ginger, mashed, and 2 tablespoons preserved ginger syrup. Serve with whipped cream and garnish with additional bits of ginger, if desired.

APRICOT SPONGE

1½ tablespoons gelatin	16 dried apricots, cooked
¼ cup cold water	and sweetened
1 cup boiling water	1 tablespoon lemon juice
	6 egg whites, stiffly beaten

Soften gelatin in cold water 5 minutes; dissolve in hot water. Chill until slightly thickened. Force 10 apricots through sieve. Add lemon juice and fold into gelatin mixture; fold in egg whites. Turn into large mold and chill until firm. Unmold. Garnish with remaining apricots in juice. Approximate yield: 6 portions.

ORANGE SPONGE

1½ tablespoons gelatin	¾ cup sugar
1 cup cold water	1 cup orange juice
2 tablespoons grated orange rind	½ cup lemon juice
2 teaspoons grated lemon rind	3 egg whites, stiffly beaten

Soften gelatin in $\frac{1}{4}$ cup cold water 5 minutes. Heat remaining $\frac{3}{4}$ cup water, add grated rinds, and simmer 10 minutes. Add to gelatin and stir until dissolved; add sugar and fruit juices, and chill until thickened. Fold in egg whites, turn into individual molds and chill until firm. Unmold. Approximate yield: 6 portions.

APPLE BAVARIAN CREAM

1 tablespoon gelatin	$\frac{1}{8}$ teaspoon salt
$\frac{1}{4}$ cup cold water	$\frac{1}{4}$ teaspoon cinnamon
2 egg whites	$\frac{1}{4}$ teaspoon nutmeg
$1\frac{1}{2}$ cups thick applesauce, unsweetened	$\frac{1}{2}$ teaspoon ginger
$\frac{1}{4}$ cup granulated sugar	$\frac{3}{4}$ cup heavy cream, whipped gingersnap pie shell

Soften gelatin in cold water 5 minutes; heat over hot water until dissolved. Beat egg whites until stiff; add gelatin slowly, beating until mixture stands in peaks. Combine applesauce, sugar, salt and spices; fold in egg whites and cream. Prepare gingersnap pie shell by using gingersnaps in recipe for Vanilla Wafer Pastry (page 640). Turn gelatin cream mixture into shell and sprinkle with a few gingersnap crumbs. Chill until firm. Approximate yield: 1 (9-inch) pie.

ORANGE BAVARIAN CREAM

1 tablespoon gelatin	$\frac{1}{2}$ cup orange juice
$\frac{1}{4}$ cup cold water	2 teaspoons lemon juice
$\frac{3}{4}$ cup boiling water	$\frac{1}{2}$ cup evaporated milk, whipped
$\frac{1}{2}$ cup sugar	(page 712)

6 orange sections

Soften gelatin in cold water 5 minutes; dissolve in boiling water; add sugar and fruit juices, and chill until slightly thickened. Fold in evaporated milk and turn into mold; chill until firm. Unmold and serve garnished with orange sections. Approximate yield: 6 portions.

STRAWBERRY BAVARIAN CREAM

1 tablespoon gelatin	1 cup heavy cream, whipped
2 tablespoons cold water	$\frac{3}{4}$ cup powdered sugar
1 cup crushed strawberries	ladyfingers

6 whole strawberries

Soften gelatin in cold water 5 minutes; heat over hot water, stirring until dissolved. Add to strawberries, mixing well, and chill until slightly thickened. Fold in cream, sweetened with sugar, and chill mixture until thick enough to hold its shape. Line parfait glasses with ladyfingers, fill with gelatin mixture and top with a large berry. Chill. Approximate yield: 6 portions.

MODIFICATIONS OF STRAWBERRY BAVARIAN CREAM 707

(Use recipe on page 706)

Apricot Bavarian—Substitute 1 cup fresh apricot purée for crushed strawberries.

Raspberry Bavarian—Substitute 1 cup crushed raspberries for crushed strawberries.

COFFEE SOUFFLÉ

1 tablespoon gelatin	2/3 cup sugar
1/2 cup milk	1/4 teaspoon salt
1 1/2 cups hot coffee	3 eggs, separated
	1/2 teaspoon vanilla

Soften gelatin in milk; add to coffee, stirring until dissolved; add 1/3 cup sugar and salt. Beat egg yolks with remaining 1/3 cup sugar; add gelatin mixture and cook over hot water 5 minutes, stirring constantly until sugar is dissolved. Chill until slightly thickened. Fold in stiffly beaten egg whites and vanilla. Turn into 6 individual molds, and chill until firm. Unmold. Approximate yield: 6 portions.

JELLIED ORANGE SOUFFLÉ

2 tablespoons gelatin	1 cup orange juice
1 cup cold water	2 tablespoons lemon juice
1 tablespoon grated orange rind	2 egg whites, stiffly beaten
1/2 cup sugar	1 cup heavy cream, whipped

Soften gelatin in 1/4 cup cold water 5 minutes. Heat remaining 3/4 cup water, orange rind and sugar to boiling, stirring until sugar is dissolved. Add gelatin and stir until dissolved; add fruit juices and chill until slightly thickened. Fold in egg whites and cream, and turn into mold, and chill until firm. Unmold. Yield: 6 portions.

SCOTCH PUDDING

1 package strawberry-flavored gelatin	1 cup powdered sugar
1 medium-sized casaba or honeydew melon	2 cups blueberries

Prepare gelatin, following directions on package; cool. Cut melon into sections, trim off rind, remove all seeds and cut pulp into small cubes. Mix sugar with blueberries. Add fruit to cold gelatin, stirring carefully, so the effect will resemble a bright Scotch plaid. Turn into individual molds and chill until firm. Yield: 6 to 8 portions.

DESSERTS [[GELATIN]]

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ENGLISH SULTANA MOLD

$\frac{3}{4}$ cup Sultana raisins	dash of cinnamon
$2\frac{1}{2}$ cups boiling water	1 tablespoon gelatin
$\frac{1}{4}$ cup sugar	$\frac{1}{4}$ cup cold water
2 tablespoons lemon juice	2 tablespoons rum
dash of salt	2 tablespoons sherry

Wash raisins, cover with cold water, heat to boiling and cook 1 minute. Drain, add boiling water, sugar, lemon juice, salt and cinnamon; simmer 30 minutes. Strain juice; rub raisins through sieve. Soften gelatin in cold water 5 minutes, dissolve in hot fruit juice; add fruit pulp, rum and cherry. Chill until slightly thickened, then whip with rotary beater until spongy. Turn into mold and chill until firm. Unmold and, if desired, serve with whipped cream. Chopped dried peaches or apricots may be substituted for raisins. Yield: 6 portions.

SHERRY GELATIN DESSERT

2 tablespoons gelatin	1 cup sugar
$\frac{1}{4}$ cup cold water	$\frac{1}{2}$ teaspoon grated lemon rind
$1\frac{1}{2}$ cups boiling water	3 tablespoons lemon juice
1 cup dry sherry	

Softening gelatin in cold water 5 minutes; dissolve in boiling water. Add sugar, lemon rind and juice, mixing well. Strain and cool. Add sherry; turn into 6 individual molds and chill until firm. Unmold and serve with ladyfingers. Yield: 6 portions.

GELATIN EASTER EGGS

6 eggs	1 package flavored gelatin (straw-
shredded lettuce, coconut or sliced	berry, lime, orange or any
peaches	color or flavor desired)

Make hole about size of lead pencil in small end of each egg; using a long skewer or ice pick, stir yolk and white together so they can be emptied easily through the small opening. Rinse shells in cold water. Prepare gelatin, following directions on package. Fill egg shells, using small funnel. Place eggs on end in egg container and chill until gelatin is firm. Remove shells carefully, and place gelatin eggs in a nest of lettuce, shredded coconut or sliced peaches. Approximate yield: 6 portions.



RICH LEMON CREAM

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5 eggs, separated	1 cup powdered sugar
	½ cup lemon juice

Mix egg yolks, sugar and lemon juice and cook over hot water 5 minutes, stirring constantly until mixture thickens. Fold gently into stiffly beaten egg whites. Chill. Approximate yield: 6 portions.

CHOCOLATE "BROT"

3 squares chocolate, melted	¼ teaspoon salt
¼ pound almonds, chopped	1 cup powdered sugar
6 egg whites	1 teaspoon vanilla

Mix together chocolate and almonds. Beat egg whites until frothy; sprinkle salt over top and beat until stiff. Gradually beat in sugar, 2 tablespoons at a time, add flavoring; fold in chocolate-almond mixture. Turn into greased square pan and bake in slow oven (275°-300° F.) for 45 to 50 minutes. Approximate yield: 6 to 8 portions.

CRANBERRY REFRIGERATOR CAKE

3 cups cranberries	3 figs, finely cut
1¼ cups water	½ cup chopped walnut meats
½ cup seedless raisins	1 cup sugar
10 dates, finely cut	1 small sponge cake, sliced

Cook cranberries slowly in water until skins have popped; force through sieve. Add raisins, dates, figs and nuts and mix; simmer, covered, for 5 minutes. Remove from heat and add sugar. Line a greased mold with sponge cake, add a layer of cranberry mixture, a layer of cake, and repeat, finishing with cake. Chill in refrigerator. Unmold and serve with whipped cream. Approximate yield: 6 to 8 portions.

PINEAPPLE-NUT REFRIGERATOR CAKE

1 cup butter	1 cup drained, shredded pineapple
1½ cups powdered sugar	2 egg whites, stiffly beaten
½ cup finely chopped nut meats	3 dozen vanilla wafers
heavy cream, whipped	

Cream together butter and sugar, add nuts and pineapple and blend thoroughly; fold in egg whites. Line a cake pan with wafers, cover with fruit-nut mixture; add a layer of wafers and repeat until all ingredients are used, having a layer of wafers on top. Chill in refrigerator at least 12 hours. Serve with whipped cream. Approximate yield: 6 to 8 portions.

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CHOCOLATE REFRIGERATOR CAKE

2 squares unsweetened chocolate	2 tablespoons ginger syrup
1½ cups sweetened condensed milk	½ teaspoon vanilla
1 egg, separated	ladyfingers, split
⅓ cup chopped preserved ginger	heavy cream, whipped

Melt chocolate in top part of double boiler, stir in condensed milk and cook until thickened. Stir 2 tablespoons chocolate mixture into beaten egg yolk; then add to remaining chocolate in double boiler and cook 3 minutes longer; cool. Stir in ginger, ginger syrup and vanilla and fold into stiffly beaten egg white. Line bottom and sides of mold or loaf pan with waxed paper, then with ladyfingers, round side out. Fill center with chocolate mixture, and if a loaf pan is used, arrange additional ladyfingers and chocolate mixture over top. Chill in refrigerator at least 4 hours. Unmold, slice and serve with slightly sweetened whipped cream. Approximate yield: 4 to 6 portions.

PEACH REFRIGERATOR CAKE

½ pound marshmallows	1 cup heavy cream, whipped
½ cup orange juice	sponge cake or ladyfingers
½ cup ginger ale	6-8 peaches, sliced
½ cup chopped crystallized ginger	

Cut marshmallows in quarters, add to orange juice and stir over hot water until almost melted; cool slightly and add ginger ale. When slightly thickened, fold in ¾ cup of whipped cream. Line a spring pan with waxed paper. Arrange layer of cake or ladyfingers, next a layer of peaches, then layer of marshmallows; repeat until there are 3 layers of cake and 2 of filling. Chill in refrigerator overnight. Unmold; garnish with remaining peaches and cream and chopped ginger. Use fresh or canned peaches or apricots. Yield: 6 to 8 portions.

CELLOPHANE REFRIGERATOR CAKE

½ cup sweetened condensed milk	1 tablespoon lemon juice
¼ cup raspberry or strawberry jam	½ cup heavy cream, whipped
1 package cellophane wrapped cookies	

Blend milk, jam and lemon juice; fold in whipped cream. Open top of cellophane roll and remove all but bottom cookie. Drop a spoonful of filling on this cookie, add another cookie, pressing it down gently; repeat until all cookies are used. Close top of package tightly and chill in refrigerator 12 hours or longer. To serve: unwrap and cut in diagonal slices; top with additional cream. Yield: 6 portions.

Frozen Desserts

Nor so many years ago frozen desserts were "Sunday" fare and reserved for special occasions. With modern equipment—expert hand freezers, some of them motor-driven, and automatic refrigerators—it is a simple matter to turn out many delicious frozen desserts. There are several types. Some are frozen with stirring and include plain or Philadelphia and French custard ice creams, ices and sherbets; others are frozen without stirring, such as mousses, parfaits and frozen puddings. See page 24 for definitions of frozen mixtures.

ICE CREAM AND ICES

INGREDIENTS. Besides cream, milk, fruit juices, water and sugar, fillers such as flour and eggs, and stabilizers such as gelatin are used in frozen mixtures. The amount of sugar should be carefully gauged. A proportion of $\frac{3}{4}$ cup of sugar to each quart of cream is usual; too much sugar lowers, and may prevent entirely, the freezing of the mixture. Fillers, such as egg yolk and white, starch in form of flour or cereals and gelatin, add body and richness and contribute to the smoothness by producing finer ice crystals. Fillers also increase the amount of air that can be incorporated, resulting in a greater "swell" or over-run. This "swell" or expansion is quite pronounced in tub-freezer-made ice cream; it should increase at least 35 per cent over the original volume. By chilling a custard for several hours or overnight before freez-

712 ing the "swell" is increased. Since extreme cold tends to deaden the taste buds, more flavoring is needed in frozen than in ordinary mixtures.

To Whip Evaporated Milk. Since evaporated milk may be substituted for part of the heavy cream in frozen mixtures, directions for whipping evaporated milk are included. Scald the undiluted milk in the top part of a double boiler for 5 to 10 minutes. Chill quickly in an automatic refrigerator, or set the bowl in a container of cracked ice and chill. Cans of evaporated milk may be kept in readiness for instant whipping if they are dropped into boiling water, boiled 1 minute, and then thoroughly chilled. Evaporated milk is more satisfactory if used in strongly flavored frozen mixtures. It is less rich than heavy cream and trebles in bulk in whipping.

Freezing the Mixture. As ice melts it absorbs heat from the contents of the inside container and lowers the temperature of the mixture. Rock salt, in the right proportions, hastens the melting process. The ice should be finely cracked. Ice and rock salt are used in the proportions, 8 to 10 parts ice to 1 part rock salt. After the mixture is frozen, it is packed in ice and salt. The proportions vary, depending upon the type of mixture to be ripened.

Tub-Freezer Frozen Mixture. Using a mallet, crush the ice fine in a canvas ice-bag, or grind it in a machine. Fill the chilled container two-thirds full with the mixture. Cover tightly. Adjust the dasher so that the handle turns smoothly. Fill the tub with a 2-inch layer of cracked ice. Add a layer of salt and continue to fill with ice and salt until the ice comes three-fourths the way up the sides of the container. Turn the handle slowly and steadily until resistance is felt, then turn rapidly until the mixture is thick like cornmeal mush—about 15 minutes for ice creams and 10 to 12 minutes for ices. Drain off excess brine. Wipe off and remove cover, take out dasher, scrape the cream from the sides of the



THE HAND FREEZER GOES MODERN WITH ELECTRIC MIXER ATTACHMENTS

Remember how you used to turn and turn the old hand freezer? Now, with electric mixer attachments, you can let electricity churn the ice cream for you in just a few minutes.

714 can and pack. Replace the cover and close the opening in the lid with a cork. Repack in ice and salt, covering the container completely this time. Use cracked ice and rock salt in the proportions, 3 or 4 parts ice to 1 part salt. Cover the freezer with a heavy piece of canvas, burlap, carpet or paper. Ice cream should ripen for 3 to 4 hours; ices and sherbets, 1½ to 2 hours.

Freezing Mousses, Parfaits and Puddings. Since these mixtures are frozen without stirring, any container, preferably of wood with provision made for draining off brine, may be used. Pack the mixture in the mold, filling it one-half to two-thirds full. Cover tightly. Wind a piece of adhesive tape or a strip of cloth dipped in melted paraffin around the edge of the cover to prevent brine from seeping in, then bury the can in coarsely cracked ice and rock salt in the proportions, 3 or 4 parts ice to 1 of salt. Freeze or "ripen" mousses and parfaits 3 to 4 hours. Frozen puddings will freeze usually in 2 to 3 hours.

Mousse mixtures, such as bisques and tortonis, may be molded in paper cups or other individual containers, placed in a large container, covered tightly and packed in ice and salt, or set, loosely covered, in the tray of an automatic refrigerator.

Vacuum-Pack Freezers. Any recipe for frozen desserts that can be used in an automatic refrigerator is suitable for use in a vacuum freezer. It contains no dasher, so that the mixture must be scraped down and beaten or stirred at least once, during the freezing period, to incorporate air.

REFRIGERATOR FROZEN DESSERTS

SPECIAL recipes have been developed for automatic refrigerators. Added ingredients such as whipped cream, evaporated milk, eggs, gelatin and marshmallows help to produce a smooth product by keeping the ice crystals small. If stirred once or twice during the

freezing period, certain types of mixtures are smoother. The temperature of the freezing unit must be as cold as possible. If the refrigerator possesses a cold-control switch, this should be set at the coldest point when the dessert is put in; otherwise it is necessary to maintain as low a temperature as possible within the box, by keeping the door closed and ice cube trays empty. Most cream mixtures freeze in 2 to 4 hours. Sherbets, if very sweet, may require longer and they are likely to have large ice crystals.

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PLAIN VANILLA ICE CREAM

2 cups milk	$\frac{1}{8}$ teaspoon salt
$\frac{3}{4}$ cup sugar	4 egg yolks, slightly beaten
1 tablespoon flour	2 teaspoons vanilla
	2 cups light cream

Scald milk in double boiler, gradually add mixture of sugar, flour and salt, and cook 5 minutes, stirring constantly; stir in small amount into egg yolks, then return this to mixture in double boiler and cook 2 minutes, stirring constantly. Chill; add vanilla and cream, and freeze (page 712). Approximate yield: 3 pints, or 6 to 8 portions.

MODIFICATIONS OF VANILLA ICE CREAM

Strawberry Ice Cream—Add $\frac{3}{4}$ cup sugar to 1 cup crushed strawberries, or other berries, and let stand 1 hour in warm room. Add to ice cream mixture just before freezing. Approximate yield: 2 quarts.

Chocolate Ice Cream—Add 2 squares chocolate to milk or cream, and heat over hot water until melted. Blend by beating with rotary beater and cool before adding milk to other ingredients.

Caramel Ice Cream—Add $\frac{1}{4}$ cup cold Caramel Syrup (page 631) after adding vanilla.

Pecan Brittle Ice Cream—Crush finely $\frac{1}{2}$ pound pecan brittle; add to milk or cream, and heat over hot water until brittle is dissolved; cool before adding other ingredients. Peppermint candy may be used.

Pistachio Ice Cream—Blanch and chop $\frac{3}{4}$ cup pistachio nuts, and scald with milk or cream. Add 2 drops green vegetable coloring before adding milk to other ingredients.

FROZEN DESSERTS [ICE CREAMS]

716 **Orange Ice Cream**—Omit 1 cup milk or cream from ice cream mixture and add 1 cup orange juice just before freezing; omit vanilla.

Peach Ice Cream—Add $\frac{3}{4}$ cup sugar to $1\frac{1}{2}$ cups sieved peach pulp and mix well; add to ice cream mixture just before freezing; add $\frac{1}{4}$ teaspoon almond extract. Approximate yield: 2 quarts ice cream.

Banana Ice Cream—Mash 3 ripe bananas with a silver fork, beating quickly to a smooth pulp; add to cold ice cream mixture and freeze. Approximate yield: 2 quarts ice cream.

PHILADELPHIA ICE CREAM

1 quart light cream

dash of salt

1 cup sugar

2 teaspoons vanilla

Heat cream until lukewarm; add sugar, stirring until dissolved. Add salt and vanilla. Cool, and freeze (page 712). Approximate yield: 3 pints ice cream. Modifications for Vanilla Ice Cream (page 715 and above) may be used with this recipe.

CUSTARD ICE CREAM

3 tablespoons flour

3 egg yolks, slightly beaten

1 cup sugar

$1\frac{1}{2}$ cups heavy cream

3 cups milk

2 teaspoons vanilla

Mix flour and $\frac{1}{4}$ cup sugar; add milk slowly, mixing well. Cook over hot water 5 minutes, or until smooth and slightly thickened, stirring constantly. Stir hot mixture slowly into egg yolks, and cook 2 minutes longer, stirring constantly; cool. Add remaining sugar, cream and vanilla, and freeze (page 712). Yield: 3 pints ice cream.

FRENCH ICE CREAM

1 cup milk

5 egg yolks, slightly beaten

3 cups light cream

$\frac{1}{8}$ teaspoon salt

1 cup sugar

2 teaspoons vanilla

Scald milk with $1\frac{1}{2}$ cups cream. Mix sugar, egg yolks and salt; add scalded milk slowly, mixing well. Cook over hot water 5 to 8 minutes, or until mixture coats a metal spoon, stirring constantly. Cool; add remaining cream and vanilla, and freeze (page 712). Approximate yield: 3 pints ice cream.

COFFEE ICE CREAM

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1 teaspoon gelatin	$\frac{1}{8}$ teaspoon salt
1 tablespoon cold water	1 teaspoon flour
1 cup milk	1 egg, well beaten
1 cup strong black coffee	$1\frac{1}{2}$ cups heavy cream
$\frac{2}{3}$ cup sugar	$\frac{1}{2}$ teaspoon vanilla

Soften gelatin in cold water. Scald milk and coffee and add slowly to combined sugar, salt and flour, mixing well; cook over hot water 5 minutes, stirring constantly. Stir small amount into egg, return to remaining hot mixture and cook 2 minutes longer. Add gelatin and stir until dissolved. Cool, add cream and vanilla, and freeze (page 712). Approximate yield: 3 pints cream.

MODIFICATIONS OF COFFEE ICE CREAM

Grape-Nuts Coffee Ice Cream—Add 1 cup grape-nuts to ice cream mixture just before freezing.

Bisque Ice Cream—Add 1 cup toasted macaroon crumbs to ice cream mixture before freezing.

Rum and Coffee Ice Cream—Add 2 tablespoons rum and 1 cup macaroon crumbs to ice cream mixture just before freezing.

Burnt Almond Coffee Ice Cream—Blanch, chop and toast 1 cup almonds and add to ice cream mixture just before freezing.

Coffee Marron Cream—Add 1 cup drained chopped marrons after ice cream mixture is partially frozen, and freeze until firm.

Havana Cream—When ice cream mixture is partially frozen, add $\frac{1}{2}$ cup chopped black walnuts and 1 cup chopped raisins and freeze.

JUNKET ICE CREAM

1 rennet tablet	$\frac{3}{4}$ cup sugar
2 tablespoons cold water	$\frac{1}{8}$ teaspoon salt
3 cups lukewarm milk	1 cup heavy cream
	2 teaspoons vanilla

Dissolve rennet tablet in cold water; add to milk, mix well, and add remaining ingredients. Let stand in warm room until slightly thick, then freeze (page 712). Approximate yield: 3 pints ice cream.

FROZEN DESSERTS [ICES]

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LEMON ICE

1 quart water

1 tablespoon grated lemon rind

1 cup sugar

$\frac{3}{4}$ cup lemon juice

Boil water and sugar 5 minutes; add lemon rind and juice; cool, strain and freeze (page 712). Approximate yield: 3 pints ice. Serve in chilled sherbet glasses with poultry or game, or serve as dessert.

MODIFICATIONS OF LEMON ICE

Orange Ice—Make a syrup of 2 cups water and 1 cup sugar; add 2 cups orange juice and $\frac{1}{4}$ cup lemon juice; cool, strain and freeze.

Cranberry Ice—Make a syrup of 1 quart water and 2 cups sugar. Cook 1 quart cranberries until they pop; force through sieve; add to syrup, cool and freeze.

Grape Ice—Make a syrup of 3 cups water and 1 cup sugar; add 1 cup grape juice, $\frac{1}{4}$ cup orange juice and 3 tablespoons lemon juice, cool, strain and freeze.

Strawberry Ice—Make a syrup of 2 cups water and 1 cup sugar. Mash 1 quart ripe berries and force through sieve; add to syrup, cool and freeze. Raspberries may be substituted for strawberries.

Ginger Ale Ice—Make a syrup of 2 cups water and 1 cup sugar; cool, add 3 cups ginger ale and 3 tablespoons lemon juice, and freeze.

Coffee Ice—Dissolve 1 cup sugar in 1 quart hot coffee; cool and freeze. Serve with whipped cream.

MELON ICE

1 large honeydew melon

2 cups water

3 tablespoons lemon juice

$\frac{1}{8}$ teaspoon salt

1 cup sugar

$\frac{3}{4}$ cup dry sherry

$\frac{1}{2}$ cup heavy cream, whipped

Cut melon, remove seeds and scoop out pulp; place shell in refrigerator. Force pulp through sieve and add lemon juice. Heat sugar and water to boiling point; add melon and salt, and freeze until of mush-like consistency; add sherry and fold in cream. Freeze until firm (page 712). Serve in melon shells and garnish with mint. Approximate yield: 2 quarts ice.

CARDINAL ICE

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1 quart raspberries	3 cups sugar
1 quart currants	2 cups water

Wash, pick over berries. Add 1 cup sugar to each, mash slightly, cover and let stand in warm place 2 hours, or until juice is drawn out; strain through cloth. Make a syrup of sugar and water (see Lemon Ice, page 718); add fruit juices, cool, strain and freeze (page 712). Approximate yield: 3 pints ice.

AVOCADO ICE

1½ large ripe avocados	¼ teaspoon salt
¼ cup honey	¼ teaspoon celery salt
	⅓ cup lime juice

Peel and remove seed from avocados; force pulp through sieve; add remaining ingredients and blend well. Pour into freezing tray of automatic refrigerator with temperature control set at coldest point. Freeze 2 to 4 hours, or until firm, stirring once during freezing. Serve in sherbet glasses with lamb, turkey or game; or serve as dessert. Approximate yield: 6 portions.

RASPBERRY SHERBET

2 tablespoons gelatin	1 cup sugar
3 cups cold water	1 cup strained raspberry juice
1 cup boiling water	3 tablespoons lemon juice

Soften gelatin in ½ cup cold water; dissolve in boiling water, and add sugar, fruit juices and remaining 2½ cups cold water; strain and freeze (page 712). Approximate yield: 2 quarts sherbet.

MODIFICATIONS OF RASPBERRY SHERBET

Cranberry Sherbet—Use 1 pint cranberry juice and ⅓ cup lemon juice; freeze. Bottled cranberry juice may be substituted for fresh cranberry juice; reduce water to 3 cups.

Strawberry Sherbet—Use 1 cup strained strawberry juice; freeze.

Peach Sherbet—Use 2 cups sieved peach pulp; freeze.

Rhubarb Sherbet—Use 1 cup stewed, sieved, pink rhubarb, and omit lemon juice; freeze.

LEMON SHERBET

1 quart water	1 tablespoon grated lemon rind
2 cups sugar	$\frac{3}{4}$ cup lemon juice
2 egg whites, stiffly beaten	

Boil water and sugar 5 minutes, add lemon rind and juice, and cool; strain and freeze to a mush-like consistency. Fold in egg whites and freeze until firm (page 712). Approximate yield: 3 pints sherbet.

MODIFICATIONS OF LEMON SHERBET

Pineapple Sherbet—Substitute orange juice for half the lemon juice, and add 1 cup crushed drained pineapple.

Lemon Milk Sherbet—Substitute 1 quart milk for water; mix sugar, lemon rind and juice, and add slowly to milk, stirring until sugar is dissolved. Strain and freeze until of mush-like consistency; fold in stiffly beaten egg whites and freeze until firm.

REFRIGERATOR ICE CREAM

2 teaspoons gelatin	$\frac{1}{2}$ cup sugar
$\frac{1}{2}$ cup cold water	2 teaspoons vanilla
$1\frac{3}{4}$ cups evaporated milk, scalded	$1\frac{1}{2}$ cups heavy cream, whipped

Soften gelatin in cold water and dissolve in hot milk; add sugar and vanilla, and cool. Turn into freezing tray of automatic refrigerator and chill until slightly thickened; fold gently into whipped cream. Return to freezing tray and freeze 1 hour, or until mush-like in consistency; turn into chilled bowl and beat until smooth, but not melted. Return to freezing tray and freeze 2 hours. Yield: 1 quart ice cream.

MODIFICATIONS OF REFRIGERATOR ICE CREAM

Frozen Strawberry Cream—Add 1 cup mashed, sweetened berries to cool gelatin-milk mixture before chilling.

Frozen Orange Pecan Cream—Substitute orange juice for milk and increase cream to 2 cups. Fold in 1 cup broken pecan meats before final freezing.

Frozen Chocolate Cream—Melt 2 squares chocolate in milk and beat with rotary beater until blended. Increase sugar to $\frac{3}{4}$ cup.

Frozen Pecan Brittle Cream—Grind or crush $\frac{1}{4}$ pound nut brittle and fold into ice cream mixture before final freezing.



FROZEN DESSERTS FROM THE REFRIGERATOR

Peach ice cream, delicately flavored, is ready to be spooned into sherbet glasses (page 724). A set of four individual silver dessert dishes fits into the tray of the freezing compartment for quick chilling of desserts like Apricot Bavarian illustrated (page 707).

FROZEN DESSERTS [REFRIGERATOR CREAMS]

- 722 **Frozen Pistachio Cream**—Omit gelatin but add water in preparing ice cream mixture. Fold in 2 stiffly beaten egg whites, $\frac{1}{2}$ cup finely chopped pistachio nuts, and $\frac{1}{2}$ teaspoon almond extract before final freezing. See Refrigerator Ice Cream on page 720.

BUTTER PECAN ICE CREAM

$\frac{2}{3}$ cup sweetened condensed milk	$\frac{1}{2}$ teaspoon vanilla
2 tablespoons butter, melted	1 cup heavy cream, whipped
$\frac{1}{2}$ cup water	$\frac{1}{2}$ cup chopped pecans

Blend condensed milk and butter; stir in water and vanilla. Fold in cream and nuts; turn into freezing tray of automatic refrigerator with temperature control set at coldest point. Freeze 2 to 4 hours, or until frozen to the desired consistency, stirring twice during freezing. Approximate yield: 6 portions.

RED PLUM ICE CREAM

8 red plums	1 teaspoon gelatin
$\frac{3}{4}$ cup sugar	2 tablespoons cold water
$1\frac{1}{2}$ cups water	2 tablespoons lemon juice
2 tablespoons corn syrup	1 cup heavy cream, whipped

Cook plums with sugar and water about 15 minutes, or until soft; remove stones and force pulp through sieve. Add corn syrup and gelatin, softened in cold water, and stir over heat until dissolved; cool. Add lemon juice and fold in cream; turn into freezing tray of automatic refrigerator with temperature control set at coldest point. Freeze 2 to 4 hours, or until frozen to the desired consistency, stirring once during freezing. Approximate yield: 6 portions.

LOGANBERRY ICE CREAM

$\frac{1}{2}$ cup loganberries	$\frac{1}{2}$ cup water
$\frac{2}{3}$ cup sweetened condensed milk	1 tablespoon lemon juice
1 cup heavy cream, whipped	

Wash and pick over berries; force through sieve. Mix pulp, milk, water and lemon juice; chill. Fold in whipped cream. Turn into freezing tray of automatic refrigerator and freeze 2 to 4 hours, or until firm. Stir well twice during freezing. Approximate yield: 1 quart ice cream. Other fruits such as red raspberries or strawberries may be used instead of loganberries.

FRUIT MOUSSE

1 cup strawberry or other fruit pulp	2 cups heavy cream, whipped
½ cup powdered sugar	1 teaspoon vanilla

Combine fruit pulp and sugar, mixing well. Fold into whipped cream; add vanilla. Mold, pack into ice and salt and freeze for 3 hours (page 714); or turn into freezing tray of automatic refrigerator and freeze 2 to 4 hours, or until firm. Approximate yield: 1 quart mousse.

The following fruits may be used:

- ½ cup sieved, stewed apricots and ½ cup mashed bananas.
- 1 cup cinnamon-flavored, unsweetened applesauce.
- ½ cup drained, crushed canned pineapple and ½ cup sieved stewed rhubarb.
- 1 cup mashed peaches.
- 1 cup sieved stewed plums.
- ½ cup each mashed raspberries and peaches.

MODIFICATIONS OF FRUIT MOUSSE

Grape Mousse—Substitute 1 cup grape jelly for fruit pulp; omit sugar.

Chocolate Mousse—Substitute ¾ cup commercial chocolate syrup for fruit pulp; fold sugar into cream.

Bisque—Fold 1 cup macaroon or graham cracker crumbs or ½ cup ground nut meats into any mousse mixture just before freezing.

Prune Cream Bisque—Use 1 cup cooked dried prune pulp, mashed, in mousse mixture. Fold in ¾ cup graham cracker crumbs and ½ teaspoon almond extract.

PINEAPPLE MOUSSE

1 cup crushed pineapple	1 tablespoon water
12 marshmallows	2 cups heavy cream

Drain pineapple well. Add water to marshmallows and melt over hot water; cool and fold into whipped cream. Stir in pineapple. Turn into mold and freeze in ice and salt 3 hours (page 714); or turn into freezing tray of automatic refrigerator and freeze 2 to 4 hours, or until firm. Approximate yield: 1 quart mousse.

MINT MALLOW

- | | |
|---------------------------|-----------------------------------|
| 25 marshmallows | green vegetable coloring |
| 1 cup milk | 2 cups heavy cream |
| 5 drops oil of peppermint | Creamy Chocolate Sauce (page 629) |

Cut marshmallows into quarters; add to milk and cook over hot water until melted. Cool; turn into freezing tray of automatic refrigerator and freeze to a mush-like consistency. Add peppermint and a drop of vegetable coloring to cream, and whip until thick. Turn frozen marshmallow mixture into bowl, beat well and fold in whipped cream. Return to freezing tray and freeze without stirring until firm. Serve with chocolate sauce. Approximate yield: 6 portions.

CHARLOTTE GLACÉ

- | | |
|----------------------|--------------------|
| 1 tablespoon gelatin | 2 cups heavy cream |
| ¼ cup cold water | 1 teaspoon vanilla |
| ⅓ cup powdered sugar | ladyfingers |
| | whipped cream |

Soften gelatin in cold water 5 minutes; dissolve over hot water. Beat sugar into cream, add vanilla and stir in gelatin; turn into cylindrical mold, pack in ice and salt, and freeze 3 hours (page 714). Unmold on chilled serving platter; garnish with whipped cream and ladyfingers. Approximate yield: 6 portions.

PEACH SURPRISE

- | | |
|------------------------------|------------------------------|
| 2 cups diced, canned peaches | 3 egg whites, stiffly beaten |
| 1 cup powdered sugar | ½ cup heavy cream, whipped |

Drain peaches and add sugar; fold in egg whites and cream. Turn into mold and freeze in ice and salt 3 hours (page 714); or turn into trays of automatic refrigerator and freeze 2 to 4 hours, or until firm. Approximate yield: 1 quart cream.

FROZEN APPLESAUCE CREAM

Season 1 cup strained applesauce, well sweetened, with dash each of cinnamon and nutmeg; add 1 teaspoon butter, melted, 2 teaspoons lemon juice and 2 tablespoons syrup from preserved ginger, and chill thoroughly. Fold in 1 cup heavy cream, whipped. Turn into freezing tray of automatic refrigerator and freeze 2 to 4 hours, or until firm. Approximate yield: 1½ pints.

FROZEN CHARLOTTE

725

1½ teaspoons gelatin	½ cup confectioners' sugar
¼ cup cold water	1 cup finely chopped pecans
2 cups heavy cream, whipped	2 tablespoons wine
macaroons	

Soften gelatin in cold water 5 minutes; heat over hot water until dissolved. Add to whipped cream, mixing well; fold in sugar, pecans and flavoring. Line small molds with macaroons, fill with gelatin mixture and place in freezing compartment of automatic refrigerator; freeze 2 to 4 hours, or until firm. Approximate yield: 6 portions.

REFRIGERATOR MOCHA CREAM

1 teaspoon gelatin	½ cup sugar
½ cup milk	⅛ teaspoon salt
½ cup strong coffee	1 square unsweetened chocolate
2 eggs, separated	¼ cup hot water
1 cup heavy cream, whipped	

Soften gelatin in ¼ cup of milk. Scald remaining milk with coffee. Add slowly to beaten egg yolks, mixing well; add sugar and salt; cook over hot water 5 minutes, or until mixture coats spoon, stirring constantly. Add gelatin and stir until dissolved. Melt chocolate in hot water; add slowly to coffee custard, mixing well; cool. Fold in cream and stiffly beaten egg whites. Turn into freezing tray of automatic refrigerator and freeze 2 to 4 hours, or until firm, stirring twice during freezing. Approximate yield: 6 portions.

MOCHA BISCUIT

3 cups milk	½ cup sugar
1 cup strong coffee	5 eggs, slightly beaten
2 tablespoons flour	1 teaspoon vanilla

Combine milk and coffee, mix flour and sugar and add milk-coffee mixture slowly, mixing well. Cook over hot water 15 minutes, or until smooth and slightly thickened. Stir a small amount into eggs, mixing well; return to remaining hot mixture and cook 5 minutes longer, stirring constantly; add vanilla; chill. Turn mixture into paper cases and freeze in trays of automatic refrigerator 2 to 3 hours, or until firm. Garnish with whipped cream. Approximate yield: 8 portions. Sprinkle chopped nuts over tops, if desired.



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FROZEN CREAM WHIP

Whip 1 cup heavy cream until it begins to hold its shape; gradually beat in $\frac{1}{4}$ cup confectioners' sugar, dash of salt and $\frac{1}{4}$ teaspoon vanilla, and fold in 1 stiffly beaten egg white. Turn into freezing tray of automatic refrigerator and freeze 2 to 4 hours. Yield: $1\frac{1}{2}$ cups.

HONEYBALL MALLOBET

27 marshmallows	3 tablespoons lemon juice
$\frac{1}{2}$ cup hot water	3 drops oil of cinnamon
2 cups honeyball melon pulp	2 tablespoons powdered sugar
3 egg whites, stiffly beaten	

Add marshmallows to hot water and heat over boiling water until melted; add melon pulp, forced through a fine sieve, lemon juice and oil of cinnamon, and chill. Beat sugar into egg whites and fold into marshmallow-melon mixture; turn into freezing tray of automatic refrigerator with temperature control set at coldest point. Freeze 2 to 4 hours, or until frozen, stirring twice. Yield: 6 portions.

FROZEN STRAWBERRIES

Wash and hull 1 quart strawberries; add 2 cups sugar and mash well. Let stand in warm room 2 hours, or until sugar has dissolved; turn into freezing tray of automatic refrigerator and freeze 2 to 4 hours, or until firm, stirring several times during freezing. Use any berry, fresh peaches, apricots or crushed pineapple. For more rapid freezing, use tub freezer (page 712). Approximate yield: 5 cups fruit.

FROZEN CANNED FRUITS

Whole, sliced or crushed canned fruits, packed in heavy syrup, can be frozen in the can. Pack No. 2 cans in ice and salt (page 714), freeze 4 hours.

MARASCHINO PARFAIT

$\frac{3}{4}$ cup sugar	$\frac{1}{3}$ cup maraschino cherries, diced
$\frac{1}{2}$ cup water	$\frac{1}{4}$ cup maraschino cherry juice
2 eggs, separated	2 cups heavy cream, whipped

Boil sugar and water to 230° F., or until it spins a thread. Add slowly to beaten egg yolks, beating constantly until cold. Stir in fruit and juice, then fold in egg whites and cream. Turn into mold and freeze in ice and salt 3 hours (page 714), or turn into freezing tray of automatic refrigerator and freeze 2 to 4 hours. Yield: 1 quart parfait.

COFFEE PARFAIT

Use recipe for Maraschino Parfait (page 726). Add 2 tablespoons commercial coffee extract to water before making syrup; or substitute strong coffee for water. Omit cherries and juice. Serve with whipped cream.

TOASTED COCONUT PARFAIT

Boil $\frac{3}{4}$ cup sugar and $\frac{1}{2}$ cup water to a syrup (230° F.); add gradually to 3 stiffly beaten egg whites, beating constantly until cold. Fold in 2 cups heavy cream, whipped, 1 teaspoon vanilla, and $\frac{1}{2}$ cup toasted coconut. Freeze as for Maraschino Parfait (page 726). Approximate yield: 1 quart parfait.

MAPLE ALMOND PARFAIT

1 cup maple syrup	2 cups heavy cream, whipped
3 egg whites, stiffly beaten	$\frac{1}{2}$ cup almonds, chopped and toasted

Heat maple syrup to boiling and pour slowly over egg whites, beating constantly; continue beating until mixture is cold. Fold in cream and walnuts. Turn into mold and freeze in ice and salt 3 hours; or turn into freezing trays of automatic refrigerator and freeze 2 to 3 hours, or until firm. Approximate yield: 1 quart parfait.

HONEY PARFAIT

4 eggs	$\frac{3}{4}$ cup honey
	2 cups heavy cream, whipped

Beat eggs slightly; scald honey and add slowly to eggs, beating constantly until thick; cool. Fold in cream; turn into mold and freeze in ice and salt for 3 hours (page 714); or turn into freezing trays of automatic refrigerator and freeze 2 to 3 hours, or until firm. Approximate yield: 1 quart parfait.

FROZEN PRUNE PUDDING

1 package vanilla pudding powder	1 cup chopped, cooked prunes
2 cups milk	$\frac{1}{4}$ cup chopped pistachio nuts
$\frac{1}{2}$ cup confectioners' sugar	1 cup heavy cream, whipped

Mix vanilla pudding powder with milk and cook in a double boiler 15 minutes, or until smooth, stirring constantly; add sugar and cool. Fold in prunes, nuts and whipped cream; turn into trays of automatic refrigerator and freeze 2 to 4 hours, or until firm. Yield: 1 quart.

FROZEN PLUM PUDDING

- | | |
|---------------------------------|----------------------------------------|
| 1/4 cup currants | 3 tablespoons shredded figs |
| 1/4 cup seeded raisins | 1/2 cup maraschino cordial |
| 1/4 cup finely shredded citron | 3 tablespoons blanched chopped almonds |
| 12 maraschino cherries, chopped | |
| 3 tablespoons shredded dates | 1 quart chocolate ice cream |

Wash currants, add raisins, and steam or simmer in small amount of water 5 minutes, or until plump; drain and cool. Marinate all other fruits in maraschino cordial 6 hours; combine fruits and nuts, and mix into ice cream. Turn into freezing trays of automatic refrigerator and freeze 2 to 4 hours, or until firm. Approximate yield: 3 pints.

FROZEN STRAWBERRY CUSTARD

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|------------------------------|-----------------------------|
| 1 quart strawberries | 1 teaspoon gelatin |
| 1 1/4 cups sugar | 2 tablespoons cold water |
| 2 egg yolks, slightly beaten | 2 cups heavy cream, whipped |
| | 1/2 teaspoon vanilla |

Wash and hull berries. Crush and add sugar. Let stand 3 hours. Press half the berries through thin cloth. Add juice to egg yolks and cook over hot water 5 minutes or until slightly thickened, stirring constantly. Soften gelatin in cold water, add to hot mixture and stir until dissolved; cool. Add remaining berries and fold in cream. Turn into mold, pack in ice and salt and freeze 3 hours (page 714), or turn into trays of refrigerator; freeze 2 to 4 hours. Yield: 3 pints.

JAVANESE FROZEN CREAM

- | | |
|-------------------------|----------------------------------|
| 2 cups milk | 1/3 cup triple-strength coffee |
| 2 eggs, slightly beaten | 1/2 cup raisins |
| 3/4 cup sugar | 1 cup water |
| 1/8 teaspoon salt | 1/2 cup blanched almonds, ground |
| | 2 cups heavy cream, whipped |

Scald milk. Combine eggs, sugar and salt; add milk slowly, stirring until sugar is dissolved. Add coffee and cook over hot water 5 to 8 minutes, stirring constantly until mixture coats metal spoon; cool. Add raisins to water and simmer 5 minutes; drain, cool and add to custard mixture; add nuts. Fold in cream and turn into freezing trays of automatic refrigerator; freeze 2 to 4 hours. Yield: 3 pints pudding.

NESSELRODE PUDDING

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|---------------------------------------|----------------------------|
| 1½ cups milk | ¼ cup almond paste |
| ¾ cup sugar | ½ cup marrons glacés |
| 3 egg yolks, slightly beaten | 2 tablespoons marron syrup |
| ¼ teaspoon salt | 1 cup heavy cream, whipped |
| ¼ cup chopped assorted candied fruits | |

Scald milk. Combine sugar, egg yolks and salt; add milk slowly, stirring until sugar is dissolved; cook over hot water 5 to 8 minutes, stirring constantly until mixture coats metal spoon; cool. Add almond paste, ¼ cup marrons pressed through a sieve, and marron syrup; fold in cream. Turn into freezing trays of automatic refrigerator and freeze 2 hours, or to a soft cream stage. Line a chilled quart melon mold with half the mixture; add remaining chopped marrons, and chopped fruits to other half, and fill mold. Cover and pack in ice and salt and freeze 3 hours (page 714). Yield: 1 quart pudding.

BRULE

- | | |
|--------------------------|------------------------------|
| 2 cups sugar | 1½ cups milk |
| ½ cup boiling water | 2 egg yolks, slightly beaten |
| 2 tablespoons cornstarch | 1¼ cups heavy cream, whipped |

Place sugar in heavy frying pan and cook over moderate heat until melted and pale yellow in color; stir in water and cook until dissolved. Mix cornstarch to a smooth paste with ½ cup milk, and add remaining milk; add caramel syrup and cook over hot water 15 minutes, stirring until mixture is thickened. Stir small amount into egg yolks, then return to remaining hot mixture, and cook 2 minutes longer; cool, fold in cream and turn into freezing trays of automatic refrigerator; freeze 2 to 4 hours, or until firm. Yield: 1 quart pudding.

BAKED ALASKA

- | | |
|----------------------|-------------------|
| 1 thin sponge cake | 1 quart ice cream |
| (about 8 x 6 inches) | 5 egg whites |
| ¾ cup sugar | |

Place sponge cake on several thicknesses of heavy paper on baking sheet; cover cake with ice cream, allowing the cake to extend ½ inch beyond edge of cream. Beat egg whites until stiff; add ½ cup sugar gradually, beating after each addition until sugar is dissolved; spread over entire surface of cream and rim of cake, and sprinkle surface with remaining ¼ cup sugar. Bake in hot oven (400° F.) about 5 minutes, or until lightly browned. Approximate yield: 6 to 8 portions.

MODIFICATIONS OF BAKED ALASKA

(Use recipe on page 729)

Mocha Baked Alaska—Place individual servings of coffee ice cream on large Brownies (page 602) placed on several thicknesses of heavy paper on inverted bottom of pan; cover with meringue and bake in hot oven (400° F.) for 2 to 3 minutes, or until lightly browned.

Rose Baked Alaska—Use Delicate White Cake (page 549) and strawberry ice cream. Flavor meringue with rose extract.

Individual Baked Alaska—Scoop out crumbs from thick slices of sponge cake and fill shells with ice cream. Heap meringue on sides and tops, and brown in hot oven. Fill centers with fruit sauce or nut meats.

BOMBES

Peach Bombe—Line a melon mold evenly with peach ice cream; fill center with peach mousse mixture; cover, pack in ice and salt and freeze 3 hours (page 714).

Coffee Bombe—Line a melon mold evenly with vanilla or chocolate ice cream; fill with Coffee Parfait mixture (page 727); cover, pack in ice and salt, and freeze 3 hours (page 714).

Pistachio Bombe—Line a melon mold evenly with vanilla ice cream; fill with Pistachio Cream (page 722); pack in ice and salt and freeze 3 hours (page 714).

QUICK PEPPERMINT CREAM

16 marshmallows
1 cup hot milk

1 cup heavy cream, whipped
1 cup crushed peppermint stick candy

Add marshmallows to hot milk and stir until dissolved; chill thoroughly. Fold marshmallow mixture into cream and beat until smooth and very light; fold in crushed peppermint candy. Turn into freezing tray of automatic refrigerator and freeze 2 to 4 hours, or until firm. Stir well twice during freezing period. Yield: 1 quart ice cream.

SUNDAES

Banana Sundae—Peel and split ripe banana lengthwise and place on long, narrow dish; put ice cream in center and top with Cherry or Hot Jelly Sauce (pages 627, 628), and chopped almonds.

Berry Sundae—Place alternate spoonfuls of ice cream and sweetened, crushed berries in parfait glasses. Top with whipped cream. 731

Brandied Cherry Sundae—Top vanilla ice cream with Brandied Large Cherries (page 853).

Butterscotch Almond Sundae—Place Butterscotch Sauce (page 632) in serving dish, add a scoopful of vanilla or coffee ice cream, and cover with chopped toasted almonds.

Cardinal Parfait—Fill parfait glasses $\frac{1}{4}$ full of raspberry-flavored gelatin, dissolved according to package directions; chill until firm. Fill glasses with slightly soft vanilla ice cream and top with whipped cream and a bit of maraschino cherry. Any flavored gelatin with an appropriate garnish makes a pretty parfait dessert.

Cherry Sundae—Pit and sweeten red cherries; cook gently 5 minutes. Cool. Place cherries around base of portion of ice cream in sherbet glass and pour 1 tablespoon of syrup over top.

Chocolate Sundae—Place portion of ice cream in serving dish; top with Creamy Chocolate Sauce (page 629), whipped cream and broken nuts. Butterscotch Sauce (page 632) or any fruit sauce may be used.

French Sundae—Serve blueberry sauce on ice cream flavored with maraschino cherries or juice.

Hot Fudge Sundae—Pour hot Butterscotch, Caramel, Chocolate or Maple Fudge Sauce (pages 631 and 632) over vanilla, coffee or chocolate ice cream. Sprinkle chopped walnuts, or chopped and toasted blanchd almonds, or pecan halves over top.

Orange Lemon Sundae—Place portion of orange ice cream in serving dish. Garnish with orange sections and add a spoonful of Lemon Sauce (page 627).

Peach Melba—Place canned peach half in sherbet glass, fill center with vanilla ice cream and add 2 tablespoons of Melba Sauce (page 628).

Peach Sundae—Line sides of serving dish with fresh sliced peaches, fill with vanilla ice cream and top with whipped cream.

Pineapple Butterscotch Sundae—Place pineapple sauce in serving dish, add a scoop of vanilla ice cream and top with Butterscotch Sauce (page 632). Or top with Kirsch Whipped Cream (page 634).

Sandwiches and Snacks

FROM a humble beginning—as a slice of meat between bread—the sandwich has acquired refinements that make it as appropriate to serve in the living room as at luncheons or picnics.

MAKING SANDWICHES

BREAD. Many varieties of bread and rolls are used in sandwiches—white, whole wheat, rye, raisin, nut, crisp French loaves, Boston brown bread, day-old quick breads, or tiny finger rolls, soft buns, and crusty poppy seed rolls. Bread should be a day old to cut easily; use a sharp, thin knife for slicing. One family-size loaf can be cut into 16 to 22 slices, and a large sandwich loaf into 46 slices. The crusts are usually removed for small tea sandwiches; save crusts for bread puddings, fruit scallops and crumbs. Cutters are convenient for making fancy shapes, or a sharp knife may be used; cut the shapes before spreading with butter and filling.

Butter. All butter should be creamed until softened to spread easily. In savory sandwiches, it may be softened with mayonnaise, in sweet sandwiches, with a little cream or whipped cream. With moist fillings, only one slice of bread is buttered.

Fillings and Spreads. Many varieties of fillings and spreads are given in the section on Appetizers (page 160). Additional fillings, appropriate for fancy or tea, luncheon and the more substantial supper, picnic or lunch-box sandwiches, are given in this section. Fillings should be soft enough to spread easily.

Keeping Sandwiches. Sandwiches will stay moist for a long time if wrapped in waxed paper or Cellophane bags. To keep for several hours, wrap a damp cloth around the paper-wrapped sandwiches; or arrange cold sandwiches on plates, cover tightly with waxed paper, wrap the plates in damp towels and store in the refrigerator or a cold place until ready for serving.

Service of Sandwiches. Tiny sandwiches for teas and receptions are more attractive if arranged on plates or small trays covered with doilies. A few open tea sandwiches add interest to a plate of plain sandwiches. Many of the diminutive open savory sandwiches are much like canapés; they may be decorated with a slice of stuffed olive, a nut half, sliced candied cherries, and grated hard-cooked egg, etc.; they may be garnished by brushing edge lightly with melted butter, then rolling in minced parsley, watercress or mint. Luncheon sandwiches should be cut and arranged attractively on individual plates. Garnish with relish or pickle in a nest of lettuce, sprigs of watercress, olives or a tiny mold of jellied pickle or relish, in lettuce. Whole sandwich loaves appear on garnished platters and are sliced and served at the table.

The Lunch Box. The child's lunch box should contain sandwiches that are suitable to his needs. At least one savory sandwich that contains a simple protein such as chopped egg, chicken or ground roasted or broiled meat, should be included. Peanut butter, cream cheese, dried fruits and nuts with their many variations are appropriate fillings to use. The man who carries his lunch requires at least two substantial sandwiches with a protein base; sweets may be included in the form of a sweet filling between slices of nut, orange or raisin bread; or as fresh or dried fruits, cake, or simple candies. Strong-flavored fish fillings are usually better appreciated at a picnic lunch. Salads can be packed in paper cups to accompany plain bread-and-butter sandwiches. All sandwiches should be wrapped in waxed paper, labelled if necessary, and the box lined with a gay paper napkin.

FRUIT, CHEESE, NUT SANDWICH FILLINGS

Use for tea or fancy sandwiches, open or covered; crisp lettuce or watercress may be placed on bread if used soon after making.

Apricot and Nut Filling—Mash 1 cup stewed apricots; add $\frac{1}{2}$ cup chopped nuts and 2 tablespoons heavy cream.

Date and Nut Filling—Chop dates and nuts and moisten with cream or mayonnaise.

Date-Fig Filling—Grind together dates, figs and raisins and moisten with Honey-Cream Dressing (page 528).

Orange Marmalade Filling—Combine orange marmalade with cream cheese; chop oranges if pieces are large.

Glacé Fruit Spread—Mix $\frac{1}{2}$ cup minced glacé fruit, 1 tablespoon lemon juice, 1 cup cottage cheese and $\frac{1}{2}$ teaspoon salt.

Cheese and Pineapple Spread—Mix 1 package (3 oz.) cream cheese with 1 cup crushed pineapple, 2 tablespoons pineapple juice, 1 tablespoon grated carrot and $\frac{1}{8}$ teaspoon salt.

Almond-Celery Filling—Mix $\frac{1}{2}$ cup each chopped almonds and celery and moisten with mayonnaise.

Peanut Butter and Honey Spread—Moisten peanut butter with honey.

Cottage Cheese Spread—Mix 1 cup cottage cheese with $\frac{1}{2}$ teaspoon salt, 2 tablespoons sour cream and 1 tablespoon chopped pimiento.

Cream Cheese-Guava Jelly—Spread with cream cheese moistened with cream, then with guava jelly.

Cream Cheese and Ginger—Mix cream cheese with minced preserved ginger and moisten with Cream Mayonnaise (page 528).

Spicy Cheese Spread—Mix $\frac{1}{4}$ cup each softened butter and Parmesan cheese, dash of cayenne and a few drops of Worcestershire sauce.

Sliced Cheese Filling—Slice American, Old English, processed, or Swiss cheese, spread lightly with prepared mustard, if desired, and place between slices of bread; toast until browned and cheese starts to melt.



ASSORTED SANDWICHES ANY ONE CAN MAKE

An extra ounce of imagination goes into the making of these sandwiches. Brown and white bread and thinly sliced nut bread, cut into fancy shapes with cookie cutters, form the basis for a variety of closed and open-face sandwiches. The bowls contain four different kinds of fillings. A cookie press is used to pipe decorative flutings or rosettes of cream cheese or mayonnaise. See directions for Fillings (pages 734 to 738), Pinwheel Sandwiches (page 738), and Open Sandwiches (page 739).

Maraschino-Cheese Spread—Mix finely chopped maraschino cherries with cream cheese and moisten with cherry liquor.

Peanut Butter-Bacon Spread—Moisten peanut butter with mayonnaise and mix with chopped crisp bacon.

Fruit Confection Filling—Use any of the fruit confection recipes (page 755); add mayonnaise until of consistency to spread.

SANDWICH SPREADS

See Canapé section (pages 160 to 169) for Butter, Cheese, Fish, Meat and Fruit Spreads. There are fillings suitable for tea or fancy sandwiches and for more substantial ones.

EGG SANDWICH FILLINGS

Use for luncheon or picnic sandwiches or for lunch box; garnish as desired. Chop hard-cooked eggs, season with salt and pepper and use one of the following combinations:

Eggs, minced onion and Mustard Cream Mayonnaise (page 529)

Eggs, minced celery, pimiento and mayonnaise

Eggs, chopped pickles and mayonnaise

Eggs and Russian dressing

Eggs, chopped stuffed olives and Cooked Salad Dressing (page 533) or mayonnaise.

Eggs, diced crisp bacon, or chopped boiled ham and salad dressing or well-seasoned mayonnaise.

VEGETABLE SANDWICH FILLINGS

Use crisp vegetables with mayonnaise or other salad dressings for fillings for tea or fancy sandwiches, or for tasty sandwiches with a luncheon dish. Prepare just before serving. Some suggestions follow.

Carrots—Grated and mixed with shredded cabbage or raisins.

Celery—Chopped and mixed with chopped nuts and mayonnaise.

Cucumbers—Sliced thin or chopped and mixed with minced onion, or chopped nuts.

Green Peppers—Minced and sprinkled lightly over buttered bread.

Radishes—Sliced thin. Use alone or in combination with cucumber or green peppers.

Salad Greens—Lettuce, curly endive, watercress, tender spinach or young nasturtium leaves; use tender leaves, whole or shredded.

Tomatoes—Peeled and sliced thin, and topped with finely sliced onion.

MEAT-FISH SANDWICH FILLINGS

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Use for luncheon or picnic sandwiches or for lunch box. Serve with pickles, olives, crisp radishes, celery, or other relishes.

Sliced Meat Filling—Use sliced ham, pork roast, beef, veal, lamb, tongue or poultry; season to taste.

Chopped Meat Filling—Chop meat, moisten with mayonnaise and season to taste with salt, pepper, minced onion, chives, celery, parsley or watercress.

Chicken Force meat Filling—Pound 1 cup cooked chicken meat to a smooth paste, add $\frac{1}{4}$ cup mayonnaise and season with salt and pepper.

Ham and Peanut Butter—Mix $\frac{1}{2}$ cup canned ham paste with $\frac{1}{4}$ cup peanut butter, adding mayonnaise to moisten. Sprinkle chopped sweet pickles over filling for variety.

Corned Beef Paste—Add $\frac{1}{2}$ teaspoon dry mustard to 1 cup diced, cooked corned beef and pound to a paste; add $\frac{1}{4}$ cup mayonnaise and mix well.

Flaked Fish Filling—Mix flaked fish with a well-seasoned mayonnaise; add chopped tomatoes, green peppers, pimienta, chives or onion as desired.

Tuna Fish-Bacon Filling—Flake fish, moisten with highly seasoned Russian dressing. Serve between slices of rye bread, toasted. Crisp bacon may be served over top of fish.

Sardine-Cucumber Spread—Drain 1 small can (6 oz.) boneless sardines, and mash. Peel and quarter 1 medium-sized cucumber, remove seeds and chop very fine. Mix cucumber, sardines and lemon juice.

GOOSE LIVER SPREAD

1 goose liver, cooked	4 drops onion juice
1 hard-cooked egg	salt, pepper and paprika
1 tablespoon butter or goose fat	parsley, finely chopped

Rub liver and egg yolk through sieve, add butter and onion juice, and season to taste. Use as spread for canapés or open sandwiches, sprinkling egg white, finely chopped, and parsley over top.

SANDWICHES [FANCY]

738

DAINTY SANDWICHES

Remove crust from thin slices of bread; put 2 together with creamed butter and any desired filling, and cut in shapes, such as: ½-inch strips for finger sandwiches, small rounds, oblongs, triangles, squares, stars, crescents, bridge-shaped pieces, etc. Garnish attractively.

ROLLED SANDWICHES

Remove all crust from loaf of fresh bread; spread cut end, lengthwise, with creamed butter or other soft filling, and cut in ¼-inch slices. Roll as for jelly roll and fasten with toothpicks. Wrap in waxed paper, then in damp towel; chill ½ hour or more. Just before serving, cut in ¼-inch slices.

RIBBON SANDWICHES

Remove crusts from white and whole wheat or graham bread; spread cut ends of loaves with creamed butter or sandwich spread, using contrasting colors for each, if desired. Cut in ¼-inch slices and put 3 together with dark slice between 2 light slices or light slice between 2 dark slices. Wrap in damp cheesecloth or waxed paper, place under a weight and chill for ½ hour or more. Just before serving, cut in ¼-inch slices. Bread may be cut in slices, then buttered if preferred.

PINWHEEL SANDWICHES

Remove all crust from white and whole wheat loaves of bread; spread cut ends, lengthwise, with creamed butter or other soft filling, using contrasting colors for each, if desired. Cut a very thin slice from each loaf and put the two together. Spread top slice with filling and roll as for jelly roll; fasten with toothpicks, wrap in waxed paper, then in damp cloth; chill ½ hour or more. Just before serving, cut in ¼-inch slices.

CHECKERBOARD SANDWICHES

Remove crusts from white and whole wheat loaves of bread; spread cut ends, lengthwise, with creamed butter and cut in ¼-inch slices. Put 2 light and 2 dark slices together, alternating the colors; then cut, lengthwise, in ¼-inch strips. Lay 1 strip down flat on waxed paper and butter top side, place second strip on top, reversing it so that the dark strip is on top of the light one, checkerboard fashion. Repeat with 2 more strips, reversing it each time to alternate the colors as before. Wrap tightly and chill 2 hours. Remove paper and spread cream cheese, softened with cream, over top and sides; chill 1 hour. Serve on platter and cut in thin slices.



OPEN SANDWICHES

739

Cut slices of bread in $\frac{1}{4}$ -inch slices; then cut in fancy shapes such as hearts, diamonds, rounds, rings and shamrocks. Spread with creamed butter and any desired filling. Garnish with nut meats, stuffed olive slices, watercress, parsley, pimiento, green pepper, hard-cooked eggs, etc.

GUAVA PECAN SANDWICHES

$\frac{1}{4}$ cup guava jelly 20 thin rounds of bread	$\frac{3}{4}$ cup cream cheese 2 tablespoons cream $\frac{1}{4}$ cup chopped pecans
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Spread guava jelly on rounds of bread; then spread with mixture of cream cheese, cream and nuts. Approximate yield: 20 sandwiches.

CLUB SANDWICH

Toast 3 slices of bread; butter and cover 1 slice with crisp lettuce, letting it extend beyond edge. Arrange sliced white chicken meat or any desired meat on top, spread with mayonnaise and cover with second piece of toast. Spread top with mayonnaise, lay slices of crisp bacon, onion or tomato on top and cover with third piece. Garnish with parsley, pickles or olives. Cut in triangles and serve while toast is hot. For a smaller club sandwich use 2 slices of toast.

MODIFICATIONS OF CLUB SANDWICH

Cheese Club Sandwich—Dip lettuce leaves in mayonnaise and substitute thin slices of American or Swiss cheese for meat. Shredded cabbage may be scattered over tomato on second layer.

Ham Club Sandwich—Use Russian dressing and substitute thin slices of baked ham for chicken. Use tomato slices on second layer.

Lobster Club Sandwich—Sauté canned lobster meat in butter 5 minutes, season with salt, pepper, and sherry, and cook 2 minutes; use instead of meat.

Olive Club Sandwich—Substitute sliced hard-cooked egg for meat; sprinkle chopped ripe olives over tomatoes on second layer.

Three-Decker Sandwich—Spread cheese or any desired filling between two slices; cover top of sandwich with lettuce, spread with mayonnaise, lay sliced tomato and anchovy fillet on top; cover with toast.

CLUB SANDWICH LOAF

1 loaf sandwich bread	¼ cup chopped olives
¼ cup butter, creamed	¼ cup diced crisp bacon
6 thin slices chicken	4 slices tomato
¼ cup mayonnaise	3 packages (3 oz. each) cream cheese
½ cup shredded lettuce	3 tablespoons currant jelly
	¼ cup heavy cream

Cut crusts from bread; slice lengthwise into 5 slices, about ⅜ inch thick. Butter each slice lightly and rebuild loaf putting slices together with the following fillings: chicken and mayonnaise; lettuce, olives and mayonnaise; bacon and tomato slices; 1 package cream cheese and bits of jelly. Mix remaining 2 packages of cheese with cream and beat until light; spread over top and sides of loaf, and chill 1 hour. Serve on platter and cut in slices. Approximate yield: 6 to 8 portions.

VEGETABLE CLUB SANDWICH

Place 6 cooked asparagus tips between 2 slices of buttered toast, spreading lightly with mayonnaise. Spread top of sandwich with mayonnaise and cover with chopped tomatoes, pearl onions and 2 slices of crisp bacon. Cover with third piece of toast and serve with pickles.

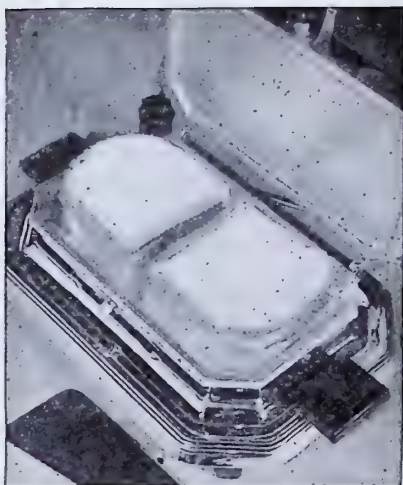
TOMATO AND BACON SANDWICH

Use 2 slices of white bread for each sandwich; toast, spread with butter and cover with crisp lettuce. Arrange slices of tomato on top, spread with mayonnaise and top with 2 slices crisp bacon. Cover with toast, cut in triangles and serve hot with dill pickles.

SPANISH SANDWICHES

2 tablespoons chopped pimiento	1 cup grated cheese
2 tablespoons chopped onion	½ teaspoon salt
1 tablespoon butter	dash of paprika
1 cup thick tomato pulp	1 egg, well beaten
	6 slices buttered toast

Sauté pimiento and onion in butter 5 minutes; add tomato pulp, cheese, salt and paprika, and cook 5 minutes longer, or until cheese is melted. Stir small amount into egg; return to hot mixture and cook 2 minutes longer; serve on hot toast. Approximate yield: 6 portions.



TO HELP YOU ENTERTAIN

Top Left: Buffet server of burnished copper with heat-proof glass containers, keeps Welsh Rarebit warm for hot toast (page 93).

Top Right: Chromium-plated electric sandwich grill toasts or grills.

Bottom: Electric roaster needs only to be "plugged in" to broil, bake, stew and roast. Compartments are removable to allow room for a sizable turkey. The broiling rack attached to the under side of the cover is excellent to use for steak sandwich suppers.

CABBAGE SANDWICHES

- | | |
|-------------------------------------|-----------------------------------------------|
| 1 cup shredded cabbage | 6 ripe olives, chopped |
| 1 large cooked beet | $\frac{1}{2}$ cup Russian Dressing (page 529) |
| $\frac{1}{2}$ green pepper, chopped | 12 slices rye bread, buttered |

Combine vegetables, olives and dressing; spread between slices of buttered rye bread. Approximate yield: 6 sandwiches.

HOT BAKED BEAN SANDWICHES

To 1 cup Medium White Sauce (page 91) add $\frac{1}{2}$ cup grated cheese and 2 cups baked beans, and heat until cheese melts. Serve on 6 slices hot toast, topping each with crisp bacon and sliced tomatoes, marinated in French dressing. Approximate yield: 6 sandwiches.

SAVORY BAKED BEAN SANDWICHES

- | | |
|-------------------------------------|-----------------------------------|
| 1 cup Boston baked beans | $\frac{1}{2}$ small onion, minced |
| $\frac{1}{4}$ cup chopped nut meats | 2 tablespoons tomato ketchup |
| $\frac{1}{4}$ cup chopped celery | $\frac{1}{4}$ teaspoon salt |
| 12 slices buttered toast | |

Mash beans and add nuts, vegetables, and seasonings, mixing thoroughly; spread between slices of toast. Yield: 6 sandwiches.

SICILIAN SANDWICHES

- | | |
|------------------------------------------|---------------------------------|
| 4 slices bread | 3 medium-sized tomatoes, sliced |
| 2 tablespoons butter | 3 tablespoons India relish |
| $\frac{3}{4}$ cup American cheese spread | 4 strips bacon |

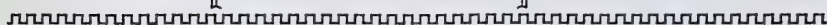
Spread each slice of bread with butter, then with cheese spread. Arrange tomato slices over cheese and spread with India relish. Top each sandwich with 2 half slices of bacon; place under broiler until bacon is crisp and cheese melted. Serve hot. Yield: 4 sandwiches.

CHEESE AND BACON TRIANGLES

- | | |
|-----------------------|----------------------------------|
| 6 slices bread | 6 slices American or Old English |
| 3 slices bacon, diced | cheese (packaged) |

Trim crusts from bread and cover with cheese; sprinkle bacon over cheese and place under broiler for 6 minutes, or until cheese has begun to melt and bacon is crisp. Cut in triangles. Yield: 6 portions.

[[CHEESE AND MEAT]] SANDWICHES



BACON-CHEESE TOAST ROUNDS

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$\frac{3}{4}$ cup grated American cheese	2 teaspoons chutney
$\frac{1}{3}$ cup minced crisp bacon	3 tablespoons chili sauce
3 tablespoons chopped pecans	salt
12 rounds buttered toast	

Mix cheese, bacon, nuts, chutney and chili sauce, and season with salt. Spread on toast rounds, and place in hot oven (400° F.) for 5 minutes, or until cheese is melted. Serve at once. Yield: 6 portions.

CHEESE DREAMS

Spread six slices of bread with peanut butter; top each with a slice of American cheese, then with another slice of bread. Sauté in butter until golden brown, cut in triangles and serve immediately. Approximate yield: 6 sandwiches.

PEANUT BUTTER-BACON TRIANGLES

6 slices bread	2 tablespoons mayonnaise
$\frac{1}{2}$ cup peanut butter	$\frac{1}{4}$ cup minced cooked bacon
pepper relish	

Remove crusts from bread and cut each slice diagonally. Blend peanut butter, mayonnaise and bacon, and spread on triangles. Garnish lightly with red pepper relish. Approximate yield: 12 sandwiches.

HOT MEAT SANDWICHES

Heat slices of roast beef, pork, lamb, chicken or turkey in gravy made of meat drippings. Serve on buttered hot toast.

CHICKEN AND PINEAPPLE SANDWICH

Sauté pineapple slices in butter 2 minutes, or until brown; place 1 slice pineapple with sliced chicken between 2 slices of buttered toast. Serve at once.

TURKEY SANDWICH

Remove crusts from slices of light or dark bread; spread Worcestershire Butter (page 164), mixed with diced cooked turkey between slices. Bread may be toasted, if desired.

SANDWICHES [MEAT]

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DICED CHICKEN SANDWICHES

2 cups cubed cooked chicken	1 teaspoon lemon juice
½ cup chopped celery	½ teaspoon salt
2 small gherkins, chopped	⅛ teaspoon pepper
½ cup Cooked Salad Dressing (page 533)	12 slices whole wheat bread, buttered

Combine chicken, celery, gherkins, dressing and seasonings; spread between slices of bread. Yield: 6 sandwiches.

BANANA-HAM SANDWICH

Sauté slices of banana in butter; place on buttered hot triangles of toast and spread deviled ham on top. Broil 1 minute, or until heated through. Serve at once.

LIVERWURST SANDWICHES

7 slices liverwurst	dash of salt
½ package (3 oz.) cream cheese	dash of pepper
3 hard-cooked eggs, chopped	½ teaspoon chopped chives
3 tablespoons mayonnaise	butter
12 slices rye bread	

Mash liverwurst; add cheese, eggs, mayonnaise, salt, pepper and chives, and mix well. Spread between buttered slices of rye bread. Approximate yield: 6 portions.

HAM AND EGG SANDWICHES

1 cup chopped cooked ham	⅛ teaspoon pepper
3 eggs, slightly beaten	1 teaspoon minced onion
½ teaspoon salt	8 slices buttered toast

Mix ham, eggs and seasonings; drop from tablespoon into greased frying pan, spreading to make flat cakes, and brown on each side. Place between slices of toast. Approximate yield: 4 sandwiches.

CRABMEAT AND PIMIENTO SANDWICHES

Remove crusts from 12 slices of light or dark bread; spread 6 slices with mixture of 1 cup flaked cooked crabmeat, 1 pimiento, finely chopped, ¼ cup chili sauce and a dash of salt, and cover with remaining slices. Cut in triangles before serving. Yield: 6 sandwiches.

SARDINE SANDWICHES

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|------------------------------|------------------------------------|
| 1 can (8 oz.) sardines | 2 tablespoons chopped sweet pickle |
| 2 teaspoons lemon juice | 1 teaspoon butter |
| rye bread or salted crackers | |

Drain sardines, mash and add remaining ingredients. Spread on rounds of rye bread or salted crackers. Approximate yield: 6 portions.

SALMON SANDWICHES

Mix 1 can salmon (about 1½ cups) with mayonnaise to moisten, add ½ cup chopped celery, 1 chopped cucumber and salt and pepper to season; spread on buttered bread covered with a crisp leaf of lettuce and top with second slice. Approximate yield: filling for 10 to 12 sandwiches.

ITALIAN EGG-ANCHOVY SANDWICHES

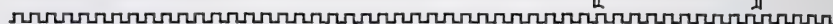
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| 3 hard-cooked eggs | mayonnaise |
| 1 tablespoon minced celery | 1 loaf cracked wheat bread |
| ⅛ teaspoon paprika | 1 jar rolled anchovies |

Remove egg yolks and mash with celery, paprika, and enough mayonnaise to moisten. Mince egg whites and moisten with mayonnaise. Cut bread as desired; spread ½ of each slice with egg yolk mixture and other half with egg white mixture. Top with a rolled anchovy. Approximate yield: 12 sandwiches.

SCOTCH LOAF SANDWICHES

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|-------------------------------|---------------------|
| ¾ cup ground cooked ham | ½ teaspoon salt |
| ⅓ cup soft bread crumbs | ⅛ teaspoon paprika |
| 2 tablespoons sweet chow chow | 1 egg |
| 1 hard-cooked egg, chopped | ⅓ cup milk |
| 1 tablespoon chopped pimiento | 1 tablespoon butter |

Mix ingredients well and place in a greased, small bread pan; dot with butter and bake in moderate oven (350° F.) for 40 minutes. Cool, slice and place between slices of buttered bread, with leaf of crisp lettuce. Or slice and serve hot between two slices of hot buttered toast. Approximate yield: 8 sandwiches.



STUFFED SALAD ROLLS

Split finger rolls down the center, but do not cut through; butter and heat in hot oven (400° F.) for 5 minutes. Fill generously with Salmon (page 511), Egg (page 513) or Chicken (page 510) Salad. Garnish with mayonnaise and pimiento. Serve with sliced tomatoes.

PICNIC SANDWICHES

Between halves of buttered hot or toasted biscuits serve one of the following: Broiled Hamburger (page 221) with sliced onion or Barbecue Sauce (page 387); broiled or grilled steak with tomato; broiled frankfurters with prepared mustard; broiled bacon with tomato slices; fried eggs with ketchup.

ENGLISH MUFFIN SANDWICHES

Split English muffins, spread with processed cheese and top with bacon slice; broil until bacon is crisp. Cheese Rarebit (page 93), creamed eggs, or slices of roast or meat loaf with gravy may be served over toasted split muffins.

SNACKS AND TIDBITS

TINY pastry, biscuit, cracker and bread accompaniments for salads, soups, cocktails, or teas are often given the general term of snack or tidbit. They may not be more than a mouthful in size; they may be savory or sweet, salty or highly seasoned. Slender pastry and bread sticks, bits of puff paste, crackers and baking powder biscuits cut the size of a fifty-cent piece are favorite bases to use. Luncheon and supper snacks may be more generously proportioned. Many commercial products are available and convenient to keep on hand for ready use. For additional suggestions and recipes, see Appetizers (page 160) and Soup Garnishes (page 210).

TOASTED CINNAMON STICKS

Cut white bread in ½-inch slices, remove crusts and cut in 1-inch strips. Brush all sides with melted butter and roll in mixture of sugar and cinnamon, using ½ teaspoon cinnamon to ½ cup sugar. Bake in moderately hot oven (400° F.) for 10 minutes, or until delicately browned, turning to brown all sides. Serve hot with fruit salad or with assorted hot breads.

TOASTED CHEESE STICKS

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|-------------------------------|---------------------------------|
| 12 slices white bread | $\frac{1}{2}$ cup grated cheese |
| $\frac{1}{3}$ cup soft butter | cayenne |

Trim $\frac{1}{2}$ -inch slices of bread, and cut in strips $\frac{1}{2}$ inch wide; spread with butter; dip in grated cheese, sprinkle lightly with cayenne and heat in moderate oven (350° F.) for 5 minutes, or until browned. Approximate yield: 4 dozen cheese sticks.

SPICED MATZOTH

- | | |
|------------------------------|---------------------------------|
| 6 matzoth | 2 tablespoons sugar |
| 2 tablespoons butter, melted | $\frac{1}{2}$ teaspoon salt |
| 3 eggs, well beaten | $\frac{1}{2}$ teaspoon cinnamon |
| | $\frac{1}{4}$ teaspoon nutmeg |

Brush matzoth or Jewish bread with butter, then with beaten eggs; sprinkle with sugar-salt-spice mixture. Bake in moderate oven (375° F.) for 10 to 15 minutes, or until crisp. Approximate yield: 6 portions.

CHEESE SAVORY

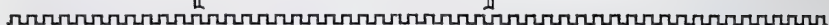
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| 1 clove garlic, halved | $\frac{1}{2}$ teaspoon anchovy paste |
| 1 package (3 oz.) cream cheese | $\frac{1}{2}$ teaspoon Worcestershire sauce |
| 1 teaspoon minced chives | dash of salt |
| $\frac{1}{2}$ teaspoon chopped parsley | dash of paprika |

Rub inside of small bowl with garlic; then put remaining ingredients in bowl and mix well. Pack into small jelly glass and chill until firm. Remove from glass, cut in thin slices and serve on crisp crackers or toast rounds, as desired. Approximate yield: $\frac{1}{2}$ cup or 6 portions.

ROQUEFORT CHEESE BALLS

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|--------------------------------------|---------------------------------|
| $\frac{1}{4}$ pound Roquefort cheese | $\frac{1}{4}$ teaspoon paprika |
| 3 tablespoons grated American cheese | 1 tablespoon soft butter |
| | 1 teaspoon Worcestershire sauce |
| | 2 teaspoons chili sauce |

Mix ingredients, beating well. Form into small balls and place in refrigerator to harden. Serve with crackers or salad. Approximate yield: 12 small cheese balls.



SAUSAGE SNACKS

Prepare Baking Powder Biscuit dough (page 114) with $\frac{1}{3}$ cup shortening; roll $\frac{1}{4}$ inch thick and cut in small oblongs. Parboil cocktail sausages 5 minutes; place one on each oblong, fold over, moisten edges with water and press together to seal. Bake in ungreased pan in hot oven (450° F.) for 15 minutes, or until browned.

TOASTED COCONUT CRESCENTS

Cut white bread in $\frac{1}{2}$ -inch slices, remove crusts and cut in crescent-shaped pieces. Brush well with sweetened condensed milk and roll in shredded coconut. Bake in moderate oven (350° F.) for 10 minutes, or until coconut is delicately toasted. Serve with fruit salads.

MAYONNAISE CHEESE PUFFS

Fold 1 cup mayonnaise into 1 stiffly beaten egg white. Pile on cheese wafers or canapé crackers spread with cheese. Toast under broiler 1 minute, or until puffed and delicately browned. Serve at once.

CARAWAY SEED SNACKS

Roll Plain Pastry (page 637) $\frac{1}{8}$ inch thick, sprinkle with caraway seed and cut in small fancy shapes. Bake in hot oven (425° F.) about 10 minutes, or until delicately browned.

PASTELS

$1\frac{1}{2}$ cups sifted flour

$\frac{1}{2}$ teaspoon sugar

dash of salt

$\frac{2}{3}$ cup butter

$\frac{1}{2}$ pound fresh shrimps, cooked

(page 367)

1 teaspoon soy sauce

1 teaspoon water

1 egg, stiffly beaten

Mix and sift together flour, sugar and salt; cut in butter until mixture resembles coarse cornmeal. Mash shrimps with a fork and stir into flour-fat mixture. Mix soy sauce and water, add slowly to shrimp mixture, tossing with a fork until a dough is formed. Turn out on lightly floured board and roll $\frac{1}{2}$ inch thick; cut with small round cutter and brush with egg. Bake in slow oven (300° F.) for 30 minutes, or until browned. Serve as canapé, or as a salad accompaniment. Approximate yield: 2 dozen pastries.

Nuts and Confections

CANDY-MAKING is one of the most interesting of cookery processes. During the simple act of boiling a sugar solution to various degrees of concentration, many fascinating changes take place. Depending upon the type of sugar, amount of liquid and time of boiling, a sugar mixture can be changed from an apparently simple syrup solution into creamy fondant, chewy caramels, pulled taffies, hard, clear candy, or intricate spun sugar creations that delight the eye as well as the palate. Learn to make simple candies first and the transition to more complex forms will come easily.

Classification of Candies. Candies may be briefly classified as (1) crystalline, in which the sugar crystals are large as in commercial rock candy, or so small that they are not felt by the tongue, as in fondant or fudge; (2) non-crystalline, in which sugar crystals are not present, such as peanut brittle, taffy and caramels; (3) modified candies of the gum drop, divinity and marshmallow type which depend on added ingredients such as egg white and gelatin for their special texture.

Equipment and Procedure. Proper equipment, dependable recipes and careful technique are essentials for candy-making. See Sugar Cookery (page 47) for equipment and procedure. Additional equipment includes wooden spoons for beating, measuring cups and spoons, a spatula, two-tined fork for dipping, marble slab or large platter for kneading fondant, metal baking sheets or pans, and waxed paper. The candy thermometer is necessary for an



750 accurate check on temperature, or the degree of concentration of the mixture. The bulb should be immersed in the liquid but should not touch the bottom or sides of the pan; it should be read on a level with the eye. The "cold water" test for sugar temperatures is useful as a test, but it is not always an accurate indication of concentration. If mixture is cooled until almost lukewarm (110° F.), it requires less beating and it is less likely to become grainy. Place in pan of cold water to cool quickly.

Ingredients. Granulated sugar is required in the following recipes unless otherwise indicated; brown sugar is used in some. The slight amount of acid in brown sugar helps to make a creamy candy, but it may curdle the milk. If this happens, beat thoroughly until the mixture is smooth again. Corn syrup, molasses and honey in the right proportions tend to produce finer crystals in creamy candy. These mixtures are cooked to a slightly higher temperature than straight sugar solutions. Lemon juice, vinegar and cream of tartar are also used to produce finer crystals. Liquids include fresh, whole milk, evaporated or condensed milk, water or fruit juices. Unsweetened cooking chocolate, egg whites and gelatin, dried fruits, nuts, coconut and flavoring all contribute characteristic changes in texture or flavor.

The Gift Candy Box. Homemade candy is always an acceptable gift. The box may be of cardboard or tin edged with a decorative border of lace paper or serrated gold or silver foil. If a professional touch is desired, individual paper cups for confections may be purchased. Fancy paper wrappings and ties should be as pretty as can be afforded. Heavy candies should rest at the bottom of the box separated from the top layer by waxed paper and a thin strip of cardboard. Colored bonbons, candied fruits, flowers and citrus fruit peels, stuffed dates and prunes, fudge balls rolled in coconut or finely chopped nuts, and salted nuts interspersed between candies of one color, add to the attractiveness of the box.

BLANCHED NUTS

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Pour boiling water over shelled nut meats and let stand 5 minutes, or until skins are wrinkled. Drain; rub with fingers to remove skins. Dry thoroughly on absorbent paper or in warm (not hot) oven before using or storing. Do not blanch more than $\frac{1}{4}$ pound nuts at a time, for they become soggy on prolonged contact with water. Thin-skinned nuts, as English walnuts, pecans, etc., are used without blanching.

TOASTED NUTS

Place nuts in thin layer in shallow pan. Heat in moderate oven (350° F.) 15 to 20 minutes, or until golden brown, stirring occasionally to toast evenly.

SALTED NUTS

Use any desired nuts; shell, blanch, if necessary, or wash in cold water and drain. Spread thin layer of moist nuts in shallow pan, sprinkle evenly with salt, using $1\frac{1}{2}$ to 2 teaspoons salt to 1 pound nuts. Moisture on surface of nuts will cause salt to adhere. Heat in moderate oven (350° F.) about 20 minutes, stirring occasionally. For *Mixed Nuts*, prepare each kind separately, then mix, for some nuts brown more rapidly than others.

MODIFICATIONS OF SALTED NUTS

Buttered Salted Nuts—Dry nuts thoroughly, shake in bowl lightly rubbed with oil or melted butter, allowing about 2 teaspoons oil to 1 pound of nuts; sprinkle with salt and brown in hot oven (400° F.) for 10 to 15 minutes. Drain on absorbent paper.

Sautéed Salted Nuts—Heat butter or oil ($\frac{1}{2}$ cup oil to 1 cup nuts) in small frying pan. Add enough dry, prepared nuts to cover bottom of pan and cook slowly, stirring constantly, until delicately browned. Remove with skimmer, drain on unglazed paper and sprinkle with salt.

Fried Salted Nuts—Fry dry, prepared nuts in hot deep fat (360° – 370° F.) 4 to 6 minutes, or until golden brown, using frying basket. Drain on absorbent paper, sprinkle with salt.

MARZIPAN

Use recipe for Almond Paste (page 754), or use commercial almond paste combined with an equal amount of Fondant (page 764). Mold to represent vegetables or fruits, coloring paste with appropriate vegetable coloring. Add stems or leaves, as desired.

NUTS [SUGARED NUTS]



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SPICED NUTS

¼ pound nuts	1 teaspoon ginger
1 cup fine granulated sugar	½ tablespoon cloves
1 teaspoon salt	½ teaspoon nutmeg
2 tablespoons cinnamon	1 tablespoon water
1 egg white	

Freshen nuts by heating them a few minutes in oven. If almonds are used, blanch them first. Sift sugar, salt and spices together 3 times; add water to egg white and beat slightly. Dip nuts in egg white, then roll in sugar-spice mixture. Cover bottom of small baking pan with ½ of remaining sugar mixture, place nuts on top so they do not touch each other, cover with remaining sugar mixture. Bake in very slow oven (250° F.) for about 2 hours. Remove from oven and shake excess sugar from nuts. Yield: ¼ pound nuts.

SOUR CREAM BRAZIL NUT PASTE

1 cup firmly packed brown sugar	1 cup sour heavy cream
⅛ teaspoon salt	1 teaspoon vanilla
12 Brazil nuts, blanched	

Combine sugar, salt and cream, and stir over low heat until sugar is dissolved and mixture boils. Continue cooking, stirring constantly, until mixture forms soft ball in cold water (238° F.). Chill to lukewarm (110° F.) in large pan of cold water. Add vanilla and beat to a thick dry paste. Turn into small, greased cake pan, pat it down and press in the whole Brazil nuts. When cold, cut so that a nut is in the center of each square. Approximate yield: 12 squares.

SUGARED NUTS

2 cups shelled nuts	½ cup water
1 cup granulated sugar	

Blanch nuts, if desired; put in saucepan and keep in warm place. Combine sugar and water in another pan, stir until sugar is dissolved and boil, without stirring, until a small amount of syrup forms a soft ball in cold water (238° F.). Hold pan of nuts several inches above heat and shake vigorously while slowly pouring syrup over nuts. Occasionally stir nuts, then add remaining syrup drop by drop until all is used. Nuts should be evenly covered with coating of sugar. Approximate yield: 2 cups nuts. Store in closely covered tin box.



PLAIN FONDANT IS THE BASE FOR MANY VARIETIES OF CANDIES

Stir and mix fondant with a spatula or spoon on a platter or marble slab. When ripened, shape into balls and top with whole nuts. Add flavoring and shape into patties in tiny cup-cake pans (page 766). Add chopped nuts, shape into a long roll and slice. Blend plain fondant with melted chocolate and use as desired. Directions for making fondant, with modifications, are on page 764.

ALMOND PASTE

½ pound blanched almonds 2 egg whites
1¾ cups confectioners' sugar (about)

Grind nuts in food chopper using finest knife; repeat 3 or 4 times until very fine. Beat egg white until foamy, stir in sugar gradually, then add nuts and knead until mixture is smooth and creamy, adding additional sugar if necessary. If paste seems too stiff, add lemon juice drop by drop. Let stand 24 hours before using. Shape into balls, roll in cocoa or grated chocolate. Approximate yield: 1 pound paste.

BAKED NUT CANDY

1 egg white ½ cup firmly packed brown sugar
¼ teaspoon salt ½ teaspoon vanilla
1 cup nut meats finely chopped

Beat egg white until foamy; add salt. Beat in sugar gradually and continue beating until mixture is stiff; then fold in vanilla and nuts. Drop by spoonfuls on greased baking sheet; bake in slow oven (225° F.) for 1 hour. Approximate yield: 18 small patties.

CANDIED ORANGE PEEL

peel from 4 oranges cold water
2 cups sugar

Remove peel from oranges in lengthwise sections, cover with cold water, bring to a boil and cook until soft. Drain, saving the water; scrape out white inner portion of peel with teaspoon and cut peel into thin strips with scissors. Dissolve sugar in 1 cup water in which peel was cooked, boil until syrup threads (232°–234° F.), add peel and cook slowly for 20 minutes, or until most of the syrup has been absorbed. Drain, spread on waxed paper, let dry overnight and then roll in granulated sugar until well coated; shake to remove excess sugar. Store in tightly covered container. For a more moist peel, add 2 tablespoons light corn syrup to sugar in making syrup.

MODIFICATIONS OF CANDIED ORANGE PEEL

Candied Grapefruit Peel—Substitute 2 grapefruit for oranges. Boil peel 10 to 15 minutes in large amount of water; drain and repeat 3 times, cooking last time until tender. Use fresh water in syrup.

Candied Lemon Peel—Prepare as Candied Grapefruit Peel.

FRUIT CONFECTIONS

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Use a combination of dried fruits, or fruits and nuts; put through a food chopper or chop very fine. Mix well, moistening with fruit juice or condensed milk if necessary. Shape into small balls, roll in powdered or granulated sugar, ground toasted coconut, or nuts, or dip in chocolate (page 767). The mixture may also be shaped into rolls and sliced, or packed into loaf pan and cut into squares. The following combinations are suggested:

Apricot Candy—Chop $\frac{3}{4}$ cup dried apricots, $\frac{1}{2}$ cup nut meats, $\frac{3}{4}$ cup coconut; add 1 teaspoon each grated orange and lemon rind; moisten with 1 tablespoon lemon juice. Approximate yield: 50 small balls.

Children's Fruit Caramels—Chop $\frac{1}{2}$ pound each dates, figs, raisins, coconut and nut meats, and $\frac{1}{4}$ pound candied citron, orange or grapefruit peel. Pack into loaf pan; cut into squares and roll in sugar. Approximate yield: 50 pieces.

Chocolate Covered Roll—Chop 1 cup coconut, $\frac{1}{2}$ cup walnut meats and $\frac{1}{2}$ cup raisins; add 1 cup peanut butter, dash of salt, 1 tablespoon cream, and enough confectioners' sugar to make mixture easily handled. Pat out into $\frac{1}{4}$ -inch sheet, spread with melted sweet chocolate, roll up into long roll and cut into thin slices. Yield: 3 dozen slices.

Date Sweets—Chop 1 pound dates, $\frac{1}{2}$ cup walnut meats and 2 tablespoons candied ginger. Approximate yield: 3 dozen small balls.

French Bars—Chop 1 cup each figs, seeded raisins, dates, and 12 maraschino cherries; combine with $\frac{1}{2}$ cup shredded coconut, grated rind of 2 oranges, 2 tablespoons lemon juice and 1 tablespoon orange juice. Form into bar 1 inch square, cut into $\frac{1}{2}$ -inch pieces, roll in sugar and ground nut meats. Approximate yield: 4 dozen slices.

Grape-Nuts Fruit Roll—Chop 6 figs, $\frac{1}{2}$ cup raisins, 12 dates and 12 dried apricots; add $\frac{3}{4}$ cup grape-nuts, $\frac{1}{4}$ cup confectioners' sugar and 2 tablespoons lemon juice. Shape into rolls, $1\frac{1}{2}$ inches in diameter, roll in sugar and slice. Approximate yield: 3 dozen slices.

Tutti-frutti Balls—Chop 1 cup each puffed rice or corn, seedless raisins, dates and figs, $\frac{1}{2}$ cup each nut meats and candied orange peel; mix with 2 teaspoons vanilla. Form into balls and roll in shredded coconut. Approximate yield: 4 dozen balls.

STUFFED FRUITS

Use prunes, dates or fresh whole figs; wash and dry if desired. If prunes are used, they may be steamed about 15 minutes, or until plump and soft. Make a cut along entire length of prunes and dates and remove pits; make an opening in each fig. Stuff with plain or salted nuts, peanut butter, preserved ginger, candied fruit peel, marshmallow, Fudge (page 758), Panocha (page 762), or Fondant or its modifications (page 764). The stuffing may or may not show. Pat fruit into original shape and roll in powdered or fine granulated sugar. Store in closely covered glass or metal container.

SPICED DRIED FRUIT

1¼ cups sugar	¼ teaspoon nutmeg
1½ teaspoons grated lemon rind	¾ cup water
1 teaspoon cinnamon	1¼ cups raisins or dried apricots
¼ teaspoon cloves	powdered sugar

Cook sugar, lemon rind, spices and water, stirring until sugar is dissolved and mixture boils; then continue cooking, without stirring, to soft ball stage (234° F.). Add fruit and cook slowly about 5 minutes, stirring just enough to separate fruit and keep syrup from scorching. Remove from fire; set in pan of hot water. Lift out fruit—a few pieces at a time, drain over kettle and drop in powdered sugar. Separate pieces of fruit and roll in sugar. Serve with salads or for tea. Approximate yield: 1¼ cups fruit.

CANDIED FRUITS

Use pitted cherries; pears, peaches and plums, pared, cored and sliced; sections of quinces, pineapple and citron, or whole figs or kumquats, simmered in water until just tender. Drain free from all juice. Combine 2 cups sugar, ⅓ cup light corn syrup and 1 cup water; heat to boiling, add prepared fruit and simmer gently until fruit is clear. For best results, cook only one kind of fruit at a time and do not have kettle crowded. Lift fruit from syrup with skimmer and drain on absorbent paper. Dust with sugar and dry slowly in sun or very slow oven, adding additional sugar if fruit seems sticky. Store between sheets of waxed paper in closely covered metal container. Water in which pineapple, or figs, etc., is cooked may be used in making syrup. If canned fruits are used, drain thoroughly; use fruit juice instead of water in syrup and cook until it spins a thread (230°–234° F.) before adding fruit.

GLACÉ FRUITS AND NUTS

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1 cup sugar

$\frac{1}{3}$ cup light corn syrup

$\frac{1}{2}$ cup water

Mix sugar, corn syrup and water in top part of small double boiler, cook over direct heat, stirring until sugar dissolves and mixture boils; then continue cooking, without stirring, to hard crack stage (300° F.) washing sugar crystals from sides of pan with damp cloth. The syrup should be a delicate straw-color. Remove at once from fire.

To dip nuts, drop several nuts into syrup. Dip them out, one by one, from syrup using a fork; drain off syrup. With second fork push nut onto greased pan or waxed paper. If syrup becomes too thick, re-heat carefully.

To dip fruits, use stoned cherries, strawberries, orange or grapefruit sections, bunches of currants, seeded grapes, figs, dates, etc. Dip as for nuts, taking care not to pierce fruit with fork and release juice. Glacé fruits and nuts do not keep well. Make them only in cold dry weather and use the same day, serving in tiny paper cups.

MODIFICATIONS OF GLACÉ FRUITS AND NUTS

Marrons Glacés—Use large French chestnuts; blanch and boil until tender. Simmer in syrup made of 1 cup each sugar and water and dash of salt, until nuts look clear; drain in sieve. Add $\frac{1}{4}$ teaspoon, lemon juice and $\frac{1}{2}$ teaspoon vanilla to glacé syrup before dipping.

Taffy Apples—Wash and dry 6 red apples; insert wooden skewers in blossom ends. Use 1 cup sugar, $\frac{1}{4}$ cup corn syrup and 6 tablespoons water for syrup. When syrup has cooked, color a bright red with food coloring and flavor with oil of peppermint, clove or cinnamon, if desired. Hold apple by skewer, plunge into syrup, draw it out quickly and twirl until syrup runs down and covers sides evenly. Stand upright in rack so apple does not touch anything as it cools. Use the same day. Yield: 6 apples.

CANDIED FLOWERS

Use fresh rose petals or violets; wash and dry thoroughly. Cook syrup used for Candied Fruits (page 756) until it spins a thread (230° F.); dip flowers into syrup, using hatpin or fine wire; then dust with sugar and dry. Or dip in melted Fondant (page 764) tinted as desired, and dust thickly with granulated sugar. See Bonbons (page 767).

CRYSTALLIZED MINT LEAVES

Coat both sides of fresh mint leaves with egg white beaten until stiff, using a tiny camel's hair brush. Dip each side in granulated sugar flavored with oil of spearmint (5 drops oil to $\frac{1}{3}$ cup sugar). Place on cake rack covered with waxed paper and let stand in warm place until dry. Serve with fruit cocktails, iced drinks and frozen desserts.

CACTUS CANDY

Remove spines and outside green layer of a small barrel cactus with sharp knife; cut in $\frac{1}{2}$ -inch slices and soak over night in cold water. Drain; cut into 1-inch cubes. Cook slowly in syrup made with 3 cups sugar, $\frac{1}{2}$ cup water, 2 tablespoons orange juice and 1 tablespoon lemon juice, until syrup is nearly all absorbed, watching carefully to prevent scorching. Tint syrup with food coloring, if desired.

PINEAPPLE TASTIES

$1\frac{1}{2}$ cups drained, grated pineapple	$\frac{1}{2}$ teaspoon salt
2 cups sugar	$\frac{1}{2}$ cup light corn syrup

Combine all ingredients and cook, stirring constantly, until sugar is dissolved and mixture boils; continue cooking, without stirring, to soft ball stage (236° F.). When slightly cool, shape into balls with a spatula and place a nut meat or candied cherry on top of each. Approximate yield: 15 to 20 candies.

CHOCOLATE FUDGE

2 squares unsweetened chocolate	dash of salt
$\frac{2}{3}$ cup top milk	2 tablespoons butter
2 cups sugar	1 teaspoon vanilla

Add chocolate to milk and cook over low heat, stirring constantly until mixture is smooth and blended. Add sugar and salt, and stir until sugar is dissolved and mixture boils. Cook, without stirring, until small amount of mixture forms a soft ball when dropped into cold water (236° F.). Remove from heat, add butter and vanilla without stirring; cool to lukewarm (110° F.), then beat until creamy. Turn at once into greased pan; when firm, cut in squares. Approximate yield: 18 large pieces.

CREAMY CHOCOLATE FUDGE

Use recipe for Chocolate Fudge (see above), adding 2 tablespoons light corn syrup with sugar; proceed as directed in recipe.

COCOA FUDGE

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Use recipe for Chocolate Fudge (page 758), substituting $\frac{2}{3}$ cup cocoa for chocolate and increasing butter to 3 tablespoons. Mix cocoa with sugar before adding milk.

BROWN SUGAR FUDGE

Use recipe for Chocolate Fudge (page 758), using 1 cup granulated sugar and $\frac{1}{2}$ cup firmly packed brown sugar.

MODIFICATIONS OF FUDGE

(Use any fudge recipe)

Chocolate Peppermint Fudge—Omit vanilla, flavor with 2 or 3 drops oil of peppermint; add $\frac{3}{4}$ cup broken, toasted almonds just before turning into pan.

Coconut Fudge—Add $\frac{1}{2}$ cup shredded coconut just before turning into pan.

Fruit Fudge—Add $\frac{1}{2}$ cup raisins, cut figs or dates just before turning into pan.

Fudge Roll—Press warm fudge into sheet, cover with sheet of fondant, roll up lengthwise and wrap in waxed paper. When firm, cut in $\frac{1}{4}$ -inch slices.

Ginger Fudge—Add $\frac{1}{4}$ to $\frac{1}{2}$ cup finely cut crystallized ginger just before turning into pan.

Marshmallow Fudge—Add 1 cup marshmallows, cut in small pieces just before turning into pan.

Marshmallow-Fruit Fudge—Tear out centers from marshmallows and stuff with candied cherries. Arrange in greased pan; pour fudge over marshmallows, covering them entirely. Cut so a marshmallow will be in center of each square.

Nut Fudge—Add $\frac{1}{2}$ to $\frac{3}{4}$ cup broken nut meats just before turning into pan.

Peanut Butter Fudge—Substitute $\frac{1}{4}$ cup peanut butter for butter.

Tutti-Frutti Fudge—Add $\frac{3}{4}$ cup candied fruits—cherries, pineapple, orange rind, etc., just before turning into pan.

CONFECTIONS [FUDGE]

- 760 **Two-Toned Fudge**—Press Fondant (page 764) into bottom of greased pan; cover with fudge. When firm cut in squares. Either fondant or fudge may be varied by the addition of nuts, fruits, etc.

MAPLE FUDGE

1 cup maple syrup	dash of salt
1 cup sugar	$\frac{1}{2}$ cup top milk
$\frac{1}{2}$ cup chopped nuts	

Combine syrup, sugar, salt and milk; cook over low heat, stirring constantly, until sugar is dissolved and mixture boils. Continue cooking, without stirring, until small amount of mixture forms a soft ball in cold water (238° F.). Remove from heat, cool to lukewarm (110° F.); then beat until thick and creamy. Add nuts and turn into greased pan. When firm, cut in squares. Approximate yield: 18 large pieces.

SOUR CREAM FUDGE

2 squares chocolate	$\frac{1}{2}$ teaspoon salt
2 cups sour cream	1 teaspoon vanilla
$1\frac{1}{4}$ cups firmly packed brown sugar	$\frac{3}{4}$ cup broken nut meats

Combine chocolate, cream, sugar and salt; cook over low heat, stirring constantly, until sugar and chocolate are melted and mixture boils. Continue cooking, without stirring, until small amount of mixture forms soft ball in cold water (238° F.). Remove from heat, add vanilla; cool to lukewarm (110° F.) and beat until creamy. Add nuts and turn into greased pan. When cool, cut in squares. Approximate yield: 18 large squares.

UNCOOKED FUDGE

4 squares unsweetened chocolate	1 pound confectioners' sugar
$\frac{1}{2}$ cup butter	$\frac{1}{4}$ cup sweetened condensed milk
1 egg, slightly beaten	1 teaspoon vanilla
$\frac{1}{2}$ cup finely chopped nut meats	

Melt chocolate and butter together over hot water. Combine egg, sugar, milk and vanilla, and blend; then blend in chocolate and butter and stir in nuts. Turn into greased pan (8 x 8 x 2 inches) and chill in refrigerator for several hours. Cut in squares. Approximate yield: 16 large pieces.

RICH CHOCOLATE FUDGE

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4 squares chocolate	½ teaspoon salt
1 cup light cream	2 tablespoons butter
2 cups sugar	1 teaspoon vanilla
½ pound pecans, broken	

Add chocolate to cream and cook over low heat, stirring constantly until mixture is smooth and blended. Add sugar and salt, and stir until sugar is dissolved and mixture boils. Cook, without stirring, until small amount of mixture forms a soft ball in cold water (236° F.). Remove from heat, add butter and vanilla without stirring; cool to lukewarm (110° F.), then beat until creamy. Add nuts and turn at once into greased pan; when firm, cut in squares. Approximate yield: 18 large pieces.

BANANA FUDGE

2 cups sugar	½ cup evaporated milk
½ cup water	2 bananas, sieved
2 tablespoons white corn syrup	2 tablespoons butter

Stir sugar, water and corn syrup over low heat till sugar is dissolved; add milk and bananas and cook until small amount of mixture forms soft ball in cold water (238° F.). Remove from heat and add butter. Cool quickly by setting pan in cold water; when lukewarm (110° F.) beat until creamy. Pour 1 inch thick in slightly greased pan. Mark in squares when firm. Approximate yield: 18 large pieces.

CHIFFON FUDGE

½ cup milk	½ cup heavy cream
2 cups confectioners' sugar	1 tablespoon butter
1 teaspoon vanilla	

Combine milk and sugar and cook over low heat, stirring constantly, until sugar is dissolved and mixture boils. Continue cooking to 225° F.; mix in cream and butter and cook, without stirring, until small amount of mixture forms soft ball in cold water (238° F.). Turn into cold dry crock or earthen bowl and let stand until cold. Add vanilla and beat until mixture is thick and spongy. Scoop out on greased pan, press flat and cut into squares. This fudge requires long beating but has a creamier, fluffier texture than regular fudge. Approximate yield: 12 pieces.

PERSIAN CREAMS

1½ cups firmly packed brown sugar 3 squares chocolate, melted
 1 cup strong coffee infusion 3 tablespoons butter
 1 cup nut meats

Combine sugar, coffee and chocolate; cook over low heat, stirring constantly until sugar and chocolate are melted and mixture boils. Continue cooking, without stirring, until small amount of mixture forms soft ball in cold water (238° F.). Remove from heat, add butter without stirring; cool to lukewarm (110° F.), then beat until creamy. Add nuts and turn into greased pan. Cut in diamond-shaped pieces. Approximate yield: 18 large pieces.

PANOCHA

1¼ cups firmly packed brown sugar 1 tablespoon butter
 dash of salt ½ teaspoon vanilla
 ¾ cup top milk ½ cup coarsely broken pecans

Combine sugar, salt and milk; cook over low heat, stirring constantly, until sugar is dissolved and mixture boils. Continue cooking, stirring occasionally to prevent burning, until small amount of mixture forms soft ball in cold water (238° F.). Remove from heat, add butter and vanilla without stirring, cool to lukewarm (110° F.) and beat until creamy. Add nuts and turn into greased pan. When cool cut into squares. Peanuts, black walnuts, coconut, cut marshmallows, chopped dried fruits, candied orange peel or ginger may be substituted for pecans. Approximate yield: 18 large pieces.

ALOHA PANOCHA

¼ cup firmly packed brown sugar ½ cup canned crushed pineapple
 1 cup granulated sugar 1 tablespoon butter
 ¼ cup heavy cream ½ teaspoon vanilla
 ½ cup broken walnut meats

Combine sugars, cream and pineapple; cook over low heat, stirring constantly, until sugar is dissolved and mixture boils. Continue cooking, stirring occasionally to prevent burning, until small amount of mixture forms soft ball in cold water (238° F.). Remove from heat, add butter and vanilla without stirring, and cool to lukewarm (110° F.). Beat until creamy, add nuts and turn into greased pan. When firm, cut in squares. Approximate yield: 12 large pieces.

COFFEE PANOCHA

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Use recipe for Panocha (page 762) substituting 1 cup strong coffee infusion for milk.

BURNT SUGAR PRALINES

1¾ cups sugar	1 tablespoon butter
1 cup water	1 cup pecan halves
dash of nutmeg	½ teaspoon vanilla

Put ½ cup sugar in a heavy skillet and melt over low heat, stirring constantly until pale yellow in color. Turn off heat and let stand 5 minutes. Add remaining sugar and water. Stir carefully and then melt over moderate heat. Add nutmeg and butter. Cook, stirring occasionally, until a little of the syrup forms a soft ball in cold water (236° F.). Remove from heat and let stand 3 minutes. Stir until mixture begins to look cloudy. Add pecans and stir until mixture begins to look creamy. If stirred too long pralines will be thick. Drop mixture by spoonfuls onto waxed paper. Spread out and let harden. They will harden into a soft slightly grainy base for the pecans. Approximate yield: 1 dozen 3-inch pralines.

MODIFICATIONS OF BURNT SUGAR PRALINES

Marshmallow Pralines—Beat 1 tablespoon marshmallow whip and flavor with vanilla. Shape into cones and roll in chopped nut meats.

Coconut Pralines—Burn sugar to a very pale caramel. Substitute 1 cup shredded coconut for pecans.

Chocolate Pralines—Add 2 squares chocolate to sugar and water; flavor with vanilla.

Maple Pralines—Substitute maple syrup for burnt sugar.

QUICK FONDANT

2 egg whites	3½ cups confectioners' sugar (about)
	¼ to ½ teaspoon flavoring

Beat egg whites slightly, add sugar gradually, beating until stiff; then knead until smooth and creamy. Flavor to taste. Approximate yield: 1½ pounds fondant.



FONDANT

2 cups sugar

1 cup water

2 tablespoons light corn syrup

Put sugar, water and corn syrup in saucepan and stir over low heat until sugar is dissolved. Boil, covered, about 3 minutes to dissolve crystals that collect on sides of pan; then boil, uncovered and without stirring, until small amount of syrup forms a soft ball when dropped into cold water (238° F.), occasionally washing off crystals from sides of pan with damp cloth. Immediately pour out on large platter, shallow tray or marble surface, wiped with damp cloth. When lukewarm (110° F.), work with spatula or wooden spoon until it becomes white and creamy; add ½ teaspoon vanilla, if desired; then knead until smooth. Store overnight or several days in tightly covered jar before using. Approximate yield: 1 pound.

MODIFICATIONS OF FONDANT

(Use recipe above)

Chocolate Fondant—Knead 2 squares melted chocolate and ½ teaspoon vanilla into 1 cup fondant.

Coffee Fondant—Substitute strong coffee for water in making fondant.

Maple Fondant—Substitute ⅔ cup maple syrup for corn syrup and reduce water to ¾ cup.

Brown Sugar Fondant—Use 1 cup granulated and ½ cup firmly packed brown sugar; omit corn syrup.

Lemon or Orange Fondant—Mix juice and grated rind of ½ lemon or orange and spread on platter before pouring hot syrup on it. Long beating is required, since the juices and syrup do not readily combine.

FONDANT CENTERS

Prepare Fondant (see above). Divide into several portions, adding flavoring, coloring and other ingredients as chopped fruit or nuts, as desired; work with fingers until well blended. Shape each portion into 1-inch thick roll, cut into ½-inch pieces and shape into balls or ovals, flattening bases slightly. Keep centers small, for dipping increases the size of the candies. Place on racks or trays covered with waxed paper, and let stand several hours before dipping.

SIMPLE FONDANT CANDIES

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Fondant is too sweet to be used alone successfully; it is much better when combined with fruit, nuts, etc., or used as centers for Stuffed Fruits (page 756), or Chocolates (page 767). Flavor and color as desired, kneading to distribute evenly; if nuts and fruits are added they should not be too finely chopped, and should be worked in just enough to blend; over-mixing will discolor candy. Use dates, figs, raisins, shredded coconut, candied fruits, preserved ginger and nuts, alone or in combination. Some simple suggestions are:

Fondant Balls—Shape fondant into balls, flatten slightly and top with nut half or bit of candied fruit; or roll balls in toasted coconut shreds, ground nuts, cocoa or grated chocolate.

Cherry or Nut Bonbons—Mold fondant into tiny balls. Press between halves of split, candied cherries or nuts.

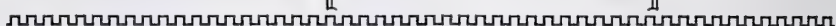
Red Hot Fancies—Mix $\frac{1}{4}$ teaspoon cinnamon and a bit of red vegetable coloring into 1 cup fondant; roll into flat cake, $\frac{1}{2}$ inch thick, using rolling pin well dusted with powdered sugar. Cut into fancy shapes—diamond, heart, star, etc.—with tiny cookie cutters dipped in powdered sugar. Let stand in cool place 24 hours before using. Approximate yield: 3 dozen small candies.

Fondant Loaves—Add fruit and nuts to fondant, pack into loaf pan; let stand until firm and cut in slices. The following combinations are often used: coconut, candied pineapple, pistachio nuts; dates, figs and nuts; dried apricots, raisins and pecans; candied cherries, almonds and dates.

Neapolitan Loaves—Use 3 layers of different colors, or 1 or more modifications of Fondant (page 764). Fruit and nuts may be added to 1 or more layers, if desired.

KISSES

Melt fondant as for Patties (page 766) adding coloring and flavoring as desired. For **Coconut Kisses**, add $\frac{1}{3}$ cup shredded coconut; for **Nut Kisses**, add $\frac{1}{3}$ cup broken nut meats; for **Fruit Kisses**, use candied cherries, candied pineapple and chopped figs, alone or in combination; flavor with lemon juice or fruit extract. Drop from tip of teaspoon on waxed paper; the mixture should be stiff enough to form little mounds. If too soft to hold shape, cool mixture before dropping.



PATTIES

Melt 1 cup fondant in top part of small double boiler over hot water (185° F.). Add 1 to 2 drops flavoring and a tiny bit of vegetable coloring, if desired, stirring just enough to blend; if fondant is too thick, add hot water, drop by drop; if too thin, let stand 5 to 10 minutes to thicken. Drop from tip of teaspoon on waxed paper or lightly greased flat surface to make small patties; or dip by tablespoons into lightly greased small muffin or patty pans to make a layer about ¼ inch thick. When firm, invert on folded cloth and tap bottom lightly to loosen patties.

For **Peppermint Patties**, add oil of peppermint, leave fondant white, or color any delicate shade desired; for **Wintergreen Patties**, add oil of wintergreen and pink coloring; for **Mint Patties**, add oil of spearmint and green coloring; for **Cinnamon or Clove Patties**, add flavoring extract and color red; for **Lemon Patties**, add extract and color yellow.

Maple, coffee, and chocolate fondants may also be made into patties. Patties may also be partially or completely dipped in melted dipping chocolate (see Chocolates, page 767).

TURKISH CREAM

2 cups sugar	2 cups chopped walnuts
½ cup water	¼ pound figs, diced
½ cup heavy cream	1½ cups seedless raisins
½ teaspoon vanilla	¼ cup diced candied pineapple
2 cups shredded, toasted almonds	¼ cup candied cherries, cut in halves

Combine sugar, water and cream; cook over low heat, stirring constantly, until sugar is dissolved and mixture boils; then cook, without stirring, until small amount of mixture forms soft ball in cold water (238° F.). Remove from heat, add vanilla and cool to lukewarm (110° F.); then beat until creamy. Melt candy over hot water, stirring constantly, and add nuts and fruit. Turn into greased pan and cut in squares or knead and mold in balls, rolls, etc. Approximate yield: 2 dozen squares.

COCONUT CREAM CANDY

Use recipe for Turkish Cream (see above), omitting fruits and nuts. When candy is cool, add 1 cup shredded coconut and beat until creamy. Turn at once into greased pan and cut in squares, or drop by spoonfuls on greased surface. Approximate yield: 18 squares.

BONBONS

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Use Fondant Centers (page 764), candied fruit or nuts. Melt fondant in top part of double boiler over hot water just below boiling point, adding flavoring and coloring as desired. Drop a center into fondant, rounded-side down; cover completely with fondant and remove with fork or wire candy dipper, scraping bonbon on edge of boiler to remove excess fondant. Drop onto waxed paper, rounded-side up, and twirl fork to give fancy twist to top of candy. Decorate with nut half or bit of candied fruit, if desired. If fondant becomes too thin, cool until it reaches desired consistency.

CHOCOLATES

Chocolate dipping is a difficult process and should not be attempted in the home unless the right equipment and the right ingredients are available. Use a special dipping chocolate, a 1- to 1½-quart double boiler, an accurate thermometer and a chocolate dipping fork. Have trays or cake racks, covered with waxed paper, ready for dipped chocolates. Do not attempt chocolate dipping on warm or humid days.

Centers—Use Fondant Centers (page 764), balls made from Fruit Confections (page 755), nuts, dried fruits, candied fruit peel, etc.

Procedure—Grate or cut fine about 1 pound of dipping chocolate; place in top part of double boiler; place over warm water and stir constantly until chocolate is melted. Remove from hot water, fill bottom of boiler with cool water and stir until temperature of chocolate reaches 85° F. During dipping, the water in the lower part of the boiler should be about 85° F. Drop a center into chocolate, rounded-side down, cover completely with chocolate and remove with dipping fork, scraping across edge of boiler to remove excess chocolate; drop onto waxed paper, rounded-side up, and twirl fork to give fancy twist to top of candy. Decorate with nut half, if desired. When dipping chocolate hardens, scrape down sides of dish and remelt as before. Ends of blanched almonds, Brazil nuts or candied fruit peel may be dipped in chocolate, letting the chocolate cover about ⅓ of the nut or fruit. One pound dipping chocolate will cover 70 to 80 assorted centers.

Cautions—If chocolate is too soft, a wide base will form on dipped centers; if too thick, coating will not be smooth. Cover soft centers completely to prevent oozing. Cool chocolates quickly to avoid light spots. If chocolate is at the proper dipping temperature, the coated candy will harden immediately.

VANILLA CARAMELS

1 cup sugar

1½ cups heavy cream

½ cup light corn syrup

1 teaspoon vanilla

Put sugar, corn syrup and half cup cream in a saucepan and cook over low heat, stirring constantly until sugar is melted. Then cook slowly to soft ball stage (234° F.), stirring constantly. Add another half cup cream and cook to soft ball stage again. Add remaining cream and cook to firm ball state (246° F.); add vanilla. Turn into a small buttered pan (7") and cool. Mark into squares and cut when cold.

MODIFICATIONS OF CARAMELS

(Use recipe above)

Evaporated Milk Caramels—Substitute ¾ cup evaporated milk for ½ cup of the cream.

Maple Caramels—Omit corn syrup and add 1 cup maple syrup. Cook after last addition of cream to 248° F.

Chocolate Caramels—Cook 4 squares chocolate with other ingredients.

Nut Caramels—Add 1½ cups broken nut meats after removing from heat.

Coconut Caramels—Add ¾ cup toasted, shredded coconut after removing from heat.

Fruit Caramels—Add ¾ cup finely cut figs, dates or raisins after removing from heat.

Caramel Curls—Cover a sheet of caramel with thin layer of marshmallows, melted over hot water; roll up like a jelly roll. Pull out into longer roll and slice off in small pieces. Wrap in waxed paper.

Layered Caramels—Pour thin layer of caramel into pan, cool, then pour in second layer of contrasting color and flavor. Add third layer, if desired, or use Nougat (page 771), or Divinity (page 769) between 2 layers of caramel. Cut in squares and wrap in waxed paper.

Chocolate-covered Caramels—Dip caramels in melted dipping chocolate (see Chocolates, page 767). 769

Nut Rolls—Cook caramel mixture to 245° F.; set pan over hot water to keep caramel from hardening. Have ready a roll of Fondant (page 764) about 3 inches long and $\frac{3}{4}$ inch in diameter. Dip quickly into hot caramel mixture, remove and drop into broken nut meats spread on waxed paper, turning until well covered with nuts and pressing lightly to imbed them. Wrap in waxed paper until ready to use; then slice with sharp knife. Toasted coconut may be substituted for nuts, if desired, and chopped nuts, coconut or candied cherries may be added to fondant.

DIVINITY

2 $\frac{2}{3}$ cups sugar	1 $\frac{1}{2}$ cup water
$\frac{1}{4}$ teaspoon salt	2 egg whites, stiffly beaten
$\frac{2}{3}$ cup light corn syrup	1 teaspoon vanilla

Combine sugar, salt, corn syrup and water; cook over low heat, stirring constantly, until sugar is dissolved and mixture boils. Continue cooking, without stirring, until small amount of syrup forms hard ball in cold water (265° F.), washing away crystals from sides of pan with damp cloth. Pour slowly over egg whites, beating constantly, and continue beating until candy holds its shape when dropped from spoon; mix in vanilla. Turn into greased pan and cut in squares, or drop by spoonfuls on greased surface. Approximate yield: 18 pieces.

BROWN SUGAR DIVINITY

Use recipe for Divinity (see above) substituting $\frac{1}{2}$ cup firmly packed brown sugar for 1 cup of granulated sugar.

CHOCOLATE DIVINITY

Use recipe for Divinity (see above) folding 2 squares melted chocolate into candy just before turning into pans.

MAPLE DIVINITY

Use recipe for Divinity (see above); decrease water to $\frac{1}{4}$ cup and add $\frac{1}{2}$ cup maple syrup; proceed as directed.



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DOUBLE DIVINITY

2 cups sugar	dash of salt
$\frac{2}{3}$ cup water	2 egg whites, stiffly beaten
$\frac{1}{2}$ cup light corn syrup	1 teaspoon vanilla

Combine $\frac{1}{2}$ cup sugar and $\frac{1}{3}$ cup water, cook until small amount of syrup forms soft ball in cold water (240° F.). Cook remaining $\frac{1}{2}$ cups sugar, $\frac{1}{3}$ cup water and corn syrup until it forms a hard ball in cold water (254° F.). Cool first syrup slightly, add slowly to egg whites, beating constantly about 1 to 2 minutes, or until mixture loses its gloss; add second syrup in same way. Add vanilla and turn into greased pan; cut in squares when cold. This candy is softer and creamier than the regular divinity. Approximate yield: 40 pieces.

MODIFICATIONS OF DIVINITY

(Use any Divinity recipe)

Any of the Modifications for Fudge (page 759) may be used with divinity: nuts, coconut, candied fruits, dried fruits, etc. Add just before turning into pan.

Neapolitan Divinity—Divide candy into 3 parts; color 1 part pink and flavor with strawberry; add 1 square melted chocolate to second part. Spread remaining white part on bottom of greased loaf pan; add pink layer, pressing in place; spread chocolate layer on top. Press together and allow to harden; cut in slices.

Divinity Mallow Loaf—Add 12 marshmallows, cut in small pieces, and 1 cup chopped pecans. Turn into loaf pan lined with wet cloth, pat into shape and chill 3 hours in refrigerator. Lift out loaf, unwrap and cover entire surface with melted chocolate, using clean camel's hair brush.

Cherry Divinity—Use Double Divinity (see above); color delicate pink and add 1 cup sliced candied cherries.

Layered Divinity—Cover bottom of lightly greased pan with a $\frac{1}{2}$ -inch layer of divinity. Pour similar layer of Fudge (page 758) or Panocha (page 762) over top. Cut in squares when firm.

[NOUGAT AND TAFFY] CONFECTIONS

NOUGAT

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1 cup sugar	½ cup strained honey
½ cup water	2 cups toasted shredded almonds
3 tablespoons light corn syrup	½ cup blanched pistachio nuts
2 egg whites	1 teaspoon vanilla

nougat wafers

Mix sugar, water and 1½ tablespoons corn syrup; bring to boiling point, stirring until sugar is dissolved; then continue cooking to hard-ball stage (265° F.). When syrup is almost ready, beat egg whites until stiff but not dry; then add syrup slowly, beating constantly. Combine honey with remaining 1½ tablespoons corn syrup; while adding first syrup to egg whites, cook this second syrup to 265° F. At once add slowly to egg white mixture, beating constantly; add nuts. Place over hot water and cook until mixture dries, stirring constantly; if a little, taken out on a spoon, holds its shape when cold and is not sticky to touch, the candy is ready. Add vanilla; pour into pans lined with nougat wafers, cover with pan or board and press with heavy weight for at least 12 hours. Remove block of candy and cut in squares; wrap in waxed paper. Nougat wafers may be omitted if desired; turn candy into pan, and when firm cut in squares. Approximate yield: 48 pieces.

OLD-FASHIONED TAFFY

1 cup sugar	¾ cup water
½ cup firmly packed brown sugar	¼ cup butter
2 cups molasses	⅛ teaspoon baking soda

¼ teaspoon salt

Cook sugars, molasses and water together until a small amount of mixture cracks when dropped in cold water (272° F.), stirring frequently toward end of cooking to prevent burning. Remove from heat, add butter, baking soda and salt, stirring just enough to mix. Pour into greased large shallow pan and allow to stand until cool enough to handle. Oil fingers slightly and fold or gather taffy into ball. Pull candy, using tips of fingers, until it is firm and the color has changed from light brown to yellow. Stretch out into long rope, twist slightly and cut with scissors (which are dipped frequently into cold water) into 1-inch lengths. If not used at once, wrap in waxed paper. Approximate yield: 50 pieces.

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PEANUT BUTTER TAFFY

$\frac{3}{4}$ cup firmly packed brown sugar	$\frac{1}{4}$ teaspoon salt
1 cup maple syrup	$\frac{1}{3}$ cup water
$\frac{1}{2}$ cup light corn syrup	2 squares chocolate, melted
$\frac{1}{3}$ cup peanut butter	

Cook sugar, syrups, salt and water over low heat, stirring constantly together until sugar is dissolved and mixture boils; continue cooking almost to hard crack stage (288° F.), washing down crystals if necessary. Remove from heat and add chocolate. Pour onto greased slab or large platter. When partially cool, spread with peanut butter, fold over and pull enough to mix it in. Shape into long piece and cut or break into suitable size. Approximate yield: 40 pieces.

WHITE TAFFY

2 cups sugar	$\frac{2}{3}$ cup water
$\frac{1}{2}$ cup light corn syrup	1 teaspoon vanilla

Combine sugar, corn syrup and water and cook until small amount of mixture will crack when dropped into cold water (272° F.); add vanilla. Turn onto greased platter and let stand until cool enough to handle. Pull and cut as Old-Fashioned Taffy (page 771), pulling until taffy is white and porous. Approximate yield: 1 pound taffy.

NUT STICKS

2 cups sugar	1 cup white corn syrup
$\frac{1}{2}$ cup coarsely chopped black walnuts	

Boil sugar and corn syrup together until a small amount of syrup will crack when dropped into cold water (272° F.). Then, without stirring, quickly pour onto greased platter and spread nuts over top so they will sink into hot syrup. When cool enough to handle, pull as Old-Fashioned Taffy (page 771), working the nuts through the candy thoroughly. When white and too stiff to pull any longer, stretch out in long lengths and clip in small pieces with scissors. Approximate yield: 50 pieces.

OLD-FASHIONED STICK CANDY

Use recipe for Nut Sticks (see above), omitting nuts. Flavor with 2 or 3 drops oil of peppermint. Divide candy in 2 portions; color 1 with red vegetable coloring. Pull each part separately, then twist red candy around white before cutting; cut in sticks or shape into canes. Color and flavor may be varied as desired.

OLD-FASHIONED CHOCOLATE SQUARES

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1 cup water	1 cup molasses
2 squares chocolate	2 tablespoons butter
1 cup sugar	½ teaspoon vanilla

Cook water, chocolate, sugar, molasses, and butter together until the mixture forms hard ball (265° F.) when dropped into cold water; add vanilla. Pour into greased pan to cool and harden. When partially firm, mark off in squares with a knife, and when cold and brittle break off on marked lines. Approximate yield: 50 pieces.

BUTTERSCOTCH

1 cup sugar	2 tablespoons boiling water
¼ cup molasses	½ cup butter
1 tablespoon vinegar	½ teaspoon vanilla

Combine sugar, molasses, vinegar and water; cook, stirring constantly, until sugar is dissolved. Continue cooking, without stirring, until small amount of mixture forms hard ball in cold water (250° F.). Add butter and again cook to crack stage (272° F.) stirring only enough to prevent scorching. Add vanilla and pour into well greased pan. While still warm, mark into squares; break into pieces when cold. Coarsely chopped nut meats may be sprinkled on top of candy immediately after pouring into pan. Approximate yield: 1 pound candy.

NUT BRITTLE

1½ cups granulated sugar	½ cup water
¼ cup light corn syrup	1/16 teaspoon baking soda
dash of salt	2 tablespoons butter
¾ cup broken nut meats	

Combine sugar, corn syrup, salt and water, cook, stirring constantly until sugar is dissolved and mixture boils. Continue cooking until small amount of mixture is brittle when dropped into cold water (300° F.). Remove from fire, add soda, butter and nut meats, stirring just enough to mix. Pour in very thin sheet, onto large greased baking sheet; as candy cools, lift edges and pull as thin as possible. When cold, break into irregular pieces. Approximate yield: 1 pound brittle. If desired, brittle may be coated with melted chocolate as in Almond Butter Krunch (page 774).

MODIFICATIONS OF NUT BRITTLE

(Use recipe on page 773)

Coconut Brittle—Omit soda; substitute 1 cup shredded coconut for nut meats.

Chocolate Brittle—Use 1 cup sugar, $\frac{1}{3}$ cup corn syrup, $\frac{1}{3}$ cup cold water and dash of salt. Cook to 275° F.; omit butter and soda, add 1 teaspoon vanilla, and fold in 1 square melted chocolate and $\frac{1}{2}$ cup broken nut meats. Approximate yield: $\frac{3}{4}$ pound brittle.

Cinnamon Fig Jibs—Use 1 cup firmly packed brown sugar, 1 cup corn syrup and $\frac{1}{2}$ cup water. Cook to 285° F. Omit butter and soda; flavor with $\frac{1}{4}$ teaspoon cinnamon and fold in 1 cup shredded figs.

Grape-Nuts Brittle—Substitute 1 cup grape-nuts for nuts.

PEANUT BRITTLE

1 cup sugar

$\frac{1}{2}$ cup chopped roasted peanuts

dash of salt

Melt sugar in iron frying pan over low heat, stirring constantly until sugar is completely melted and golden brown in color. Remove from heat, add nuts and salt quickly, stirring just enough to mix. Pour on greased pan in thin sheet; when nearly cold mark in squares. Approximate yield: $\frac{1}{2}$ pound brittle.

ALMOND BUTTER KRUNCH

1 cup butter

1 tablespoon corn syrup

1 cup sugar

$\frac{1}{3}$ cup cut toasted almonds

3 tablespoons water

$\frac{1}{4}$ pound sweet or bitter chocolate

$\frac{1}{4}$ cup finely cut blanched almonds

Melt butter, add sugar and stir until sugar is dissolved; add water and corn syrup and cook slowly, stirring occasionally to prevent burning, until a small amount of mixture is brittle when dropped in cold water (300° F.). Remove from fire, add toasted almonds, turn into greased pan and mark into squares immediately. Melt chocolate in double boiler and when candy is almost cool, spread with chocolate coating and sprinkle with finely cut almonds. If desired, turn candy over and coat other side with chocolate and nuts. Approximate yield: 12 pieces.

LOLLYPOPS

1 cup sugar	2/3 cup water
1/3 cup light corn syrup	6 to 8 drops oil of peppermint
	vegetable coloring

Combine sugar, corn syrup and water, cook over low heat, stirring constantly until sugar is dissolved and mixture boils. Continue cooking, without stirring, until a small amount of mixture is very brittle when dropped in cold water (310° F.), washing away crystals from sides of pan with damp cloth. Cook slowly at last so syrup will not discolor. Remove from fire, add flavoring and coloring, stirring just enough to mix.

Quickly drop syrup from tip of spoon on greased flat surface, press end of wooden skewer into edge of each lollypop. When firm but still warm, unloosen from surface to prevent cracking.

Coloring and flavoring may be varied as desired. Faces or conventional designs made from nuts and fruits may be pressed into lollypops while still warm. Approximate yield: 10 to 12 small lollypops.

SPUN SUGAR

2 cups sugar	1 cup water
1/8 teaspoon cream of tartar	red vegetable coloring

Combine sugar, cream of tartar and water in top part of double boiler, stir until sugar is dissolved, cover and boil over direct heat 2 to 3 minutes; uncover and boil without stirring until syrup spins a long brittle thread (310° F.), occasionally washing down sides of pan with damp cloth during cooking. Remove immediately from heat and set in cold place to stop further cooking; cool for 2 minutes. Tint syrup lightly with coloring, if desired. Place 2 clean smooth wooden sticks or broom handles about 2 feet apart on table with ends projecting about 1 foot from edge; place large sheet of clean paper on floor underneath. Dip sugar spinner (one may be made by cutting the looped wires of a wire whisk, leaving prongs free) into syrup, raise to allow threads to form and quickly spin threads back and forth from pole to pole. When sugar syrup becomes slightly thick, melt over hot water. As spun sugar accumulates, remove, shape into nests or pile on cold dish before spinning additional sugar. Spun sugar must be kept cold and dry. Use as garnish for ice cream, piling cream in center of spun sugar nests. The syrup may be tinted as desired to harmonize with color of the ice cream served.

POPCORN

Use either a wire popper, a heavy iron frying pan or an electric popper. With a *wire popper*: do not put in too much corn at one time, for popper will become so full that last of batch will not have room to pop. Shake popper constantly over low heat. With a *frying pan*: melt 2 tablespoons butter, add $\frac{1}{4}$ to $\frac{1}{2}$ cup corn depending on size of pan, cover and shake over low heat until corn is popped. With an *electric popper*: follow directions given for the popper used.

If corn is too dry it will not pop well. Cover with water for 2 to 3 minutes, drain and dry thoroughly before popping.

Empty popped corn into bowl, add salt to taste and pour melted butter over corn, stirring lightly. One cup corn yields 5 cups popped corn.

MOLASSES POPCORN BALLS

$\frac{1}{2}$ cup molasses

$\frac{1}{2}$ tablespoon vinegar

$\frac{1}{2}$ cup corn syrup

$1\frac{1}{2}$ tablespoons butter

6 cups salted popped corn

Combine molasses, syrup and vinegar; cook, stirring occasionally to prevent burning, until small amount of mixture forms a very hard ball in cold water (270° F.). Remove from heat, add butter and pour over corn; cool slightly. Butter fingers lightly and mold corn into balls; cool on greased surface. Approximate yield: 8 to 10 balls.

MODIFICATIONS OF MOLASSES POPCORN BALLS

(Use recipe above)

Popcorn Chop Suey—Use 5 cups salted, popped corn, $\frac{1}{2}$ cup shredded coconut and $\frac{1}{2}$ cup shelled peanuts.

Crackerjack—Use 5 cups salted, popped corn and 2 cups toasted, shelled peanuts. Press lightly into a 1-inch layer in greased pans. Approximate yield: 4 (8 x 8 inch) sheets.

Raisin Popcorn Balls—Use 5 cups salted, popped corn and 1 cup steamed, washed raisins.

Cereal Popcorn Balls—Use 4 cups salted, popped corn and 2 cups puffed cereal.

Nut Popcorn Balls—Use 5 cups salted, popped corn and 1 cup chopped walnuts, pecans or hickory nuts.

CHOCOLATE POPCORN BALLS

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2 cups sugar	1 cup water
½ cup corn syrup	2 squares chocolate
4 quarts popped corn	

Combine sugar, syrup, water and chocolate; cook until small amount forms hard ball in cold water (265° F.). Pour over corn and mold as Molasses Popcorn Balls (page 776). Approximate yield: 20 balls.

CONFETTI POPCORN

2 tablespoons butter	1 teaspoon vanilla
2 cups sugar	6 quarts popped corn
1 cup water	vegetable coloring

Combine butter, sugar and water, cook over low heat, stirring constantly until sugar is dissolved and mixture boils. Continue cooking, stirring occasionally to prevent burning, until a small amount of mixture will crack when dropped into cold water (275° F.); remove from fire and add vanilla. Pour over corn. Stir until every kernel is sugar coated and separated. To make colored confetti, divide syrup into portions and add desired vegetable coloring (red, green, yellow) before pouring over popped corn. Approximate yield: 6 quarts.

UNCOOKED MOCHA CREAMS

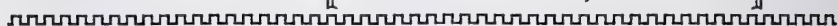
½ cup strong coffee infusion	¾ cup finely chopped walnuts
2 tablespoons butter	½ teaspoon vanilla
5 tablespoons cocoa	4 cups confectioners' sugar (about)

Heat coffee to boiling, remove from fire, stir in butter, cocoa, nuts and vanilla; then mix in sugar gradually until mixture is stiff enough to shape into small balls. Flatten balls slightly and set on greased platter to harden. Approximate yield: 1¾ pounds.

COCONUT MARSHMALLOWS

¼ cup dark corn syrup	1 tablespoon hot water
1 tablespoon honey	½ pound marshmallows
2 cups toasted shredded coconut	

Bring corn syrup, honey and hot water to a boil; cool. Dip each marshmallow into syrup mixture so that all sides are well covered; roll in coconut, pressing it into sticky surfaces. Yield: 16 marshmallows.



ROCKY ROAD CANDY

- 12 marshmallows, cut in quarters ½ cup broken nut meats
- 1 pound sweet or dipping chocolate, melted

Arrange marshmallows and nuts in greased pan; cover with melted chocolate. When cool cut in squares. Approximate yield: 16 pieces.

NUT CLUSTERS

Add nutmeats to melted sweet or dipping chocolate; mix lightly. Drop by spoonfuls on greased surface.

TURKISH PASTE

- | | |
|-----------------------|-----------------------------------|
| 3 tablespoons gelatin | dash of salt |
| ½ cup cold water | 3 tablespoons lemon or lime juice |
| 4½ cups sugar | green vegetable coloring |
| ½ cup boiling water | powdered sugar |

Soften gelatin in cold water 5 minutes. Cook sugar and hot water over low heat, stirring constantly until sugar is dissolved and mixture boils; add salt and gelatin and simmer 20 minutes. Remove from fire; add lemon juice and color a delicate green. Let mixture stand until it thickens slightly, stir, and pour 1 inch thick in pan that has been rinsed with cold water. Chill over night; cut in cubes with warm knife and roll in powdered sugar. Flavoring and color may be varied as desired. Approximate yield: 40 pieces.

APPLETS

- | | |
|-------------------------|---------------------------------|
| 4 cups apple pulp | 1 cup cold water |
| (Jonathans or Winesaps) | 3 cups broken nut meats |
| 4 cups sugar | ¼ teaspoon rose water or orange |
| 4 tablespoons gelatin | extract |
| | powdered sugar |

To prepare apple pulp, cut apples, cook until tender and force through sieve. Add sugar to pulp and cook until very thick (234° to 240° F.), or until a little dropped from a spoon will hold its shape. Remove from heat, add gelatin that has been softened 5 minutes in cold water and stir until dissolved; add nuts and rose water. Turn into greased pan; when firm cut in squares and roll in powdered sugar. Approximate yield: 4 dozen squares.

Canning and Preserving

Food is canned and preserved "in season" for "out-of-season" use. How much to can is a question for the individual homemaker to decide. In urban communities where fresh fruits, vegetables and meats are available the year around, it is questionable whether time, labor and the initial cost of equipment justify canning on a large scale. It is less easy to estimate the satisfaction that comes with a well-stocked cellar of gleaming fruits sheathed in syrup, and jars of plump preserves. In rural sections where orchards and gardens abound, it is often a real economy to can and preserve a large share of the winter's supply of fruits and vegetables.

CAUSES OF FOOD SPOILAGE

THE aim in canning is to destroy by heat enzymes and micro-organisms that cause foods to spoil. Enzymes normally present in fruits, vegetables and meats will eventually cause fresh foods to spoil or decay; their action is stopped by heat. Yeasts and molds are easily destroyed by heat and rarely cause spoilage unless they enter the container through a faulty seal. Bacteria are more likely to cause trouble in canning. They go through a spore phase in their life cycle, and the active and spore forms may be present in a food. In acid foods such as fruits and tomatoes, both forms are readily destroyed at the boiling temperature in a reasonable length of time. In nonacid foods such as asparagus, corn, legumes (beans and peas), mushrooms, meats and poultry, the spore forms are heat-resistant and it may take 6 to 10

780 hours or more to destroy them at the boiling temperature. If cooked under 10 to 15 pounds pressure (240° – 250° F.), these same spores are destroyed in about 30 minutes. All nonacid vegetables and meats should, therefore, be canned in the pressure cooker from the standpoint of time and safety, and also palatability and food value, since prolonged heat modifies flavor and destroys vitamins.

Bacteria in foods differ from year to year and in localities. The spore forms of the botulinus bacteria are strongly heat-resistant; they may produce toxic products in the canned food which are very poisonous. Since these toxins may be present in a home-canned nonacid vegetable or meat without showing visible signs of spoilage, it is a wise precaution to boil these for 15 minutes before using. Commercially canned foods do not need this preliminary boiling before they are used.

METHODS OF CANNING

FRUITS and acid vegetables (tomatoes) are most satisfactorily processed in a hot water bath; they are less frequently processed in oven or steamer. Nonacid vegetables and meats should be processed always in a pressure cooker; and the open-kettle method may be used for canning fruits, marmalades and conserves. Methods are discussed below.

COLD PACK AND HOT PACK CANNING

With the *cold-pack* method the food is washed, cut as desired, packed into jars, covered, with boiling syrup or water and then processed immediately.

The newer *hot-pack* method calls for a short precooking of the food before it is packed; boiling syrup, or water and salt are added. It is then processed immediately and requires a shorter processing period. With some foods either method may be used; with others, one process may give a better product than the other.



EVERY JAR PERFECT

Clear sugar syrup blends with the tart juices of fresh pears, red apples, and other orchard fruits. Sharp knives for paring, seal-tested jars wide enough to admit the whole, uncut fruit, and a deep kettle with a removable rack for the water bath—all these lighten the canner's task.

- 782 One or both methods are given in the specific recipe; they are also summarized in Table XV (page 793). Vegetables are pre-cooked or wilted before canning to eliminate excess shrinkage.

MODERN CANNING PROCEDURE

IN general, the procedure for canning fruits, vegetables and meats in glass jars is as follows:

1. Wash jars, caps and rubbers in hot soapy water, rinse and let stand in hot water until ready to use. Discard cracked jars and imperfect covers.
2. Prepare food to be canned according to specific recipe. This includes preparation of syrup for fruits (page 786) and precooking vegetables or fruits when necessary.
3. Remove one jar from hot water and adjust rubber. Pack food into jar according to directions. For *fruits*, fill jar to within $\frac{1}{2}$ inch of top with boiling syrup; leave $1\frac{1}{2}$ inches if self-sealing jar is used. For *vegetables*, add salt, usually 1 teaspoon for each quart, and fill to within $\frac{1}{2}$ inch of top (1 inch for corn, peas and lima beans) with boiling water in which vegetables were cooked or with fresh boiling water. For *meats*, follow directions given in recipe (page 792).
4. Wipe jar free from food and liquid, and adjust tops; with screw tops, screw tight and turn back $\frac{1}{2}$ inch; with glass-topped jars, snap top clamp in place and leave side clamp up; with self-sealing jars, adjust screw band tightly or adjust clamps.
5. Repeat steps 3 and 4 until all jars are packed. Work quickly so all jars will still be hot when processed.
6. Process at temperature and for time given in Tables XV and XVI (pages 793-794). Use water bath (page 783) for fruits and acid vegetables; a pressure cooker (page 783) for nonacid vegetables, meats and poultry.

7. Remove jars from processor; tighten screw tops; snap side clamps of glass-topped jars in place. Do not remove screw bands or clamps from self-sealing jars until jars are cold. Cool jars in open air away from drafts, then invert all but self-sealing jars and observe for leakage. Contents of leaking cans should be reheated, repacked in new containers and processed again.
8. Store in cool, dry place protected from strong light. Warmth and moisture further spoilage; strong light fades fruit colors.

PROCESSING IN WATER BATH

ANY large kettle or wash boiler with tightly fitting cover, and deep enough to submerge the jars, may be used for water bath. It should be equipped with a metal or wooden rack on which the jars can rest away from the bottom of the kettle. A removable wire rack or jar holder is an added convenience. Fill bath with enough boiling water so jars will be covered 1 to 2 inches over tops. With jar tongs lower hot filled jars onto rack, having them far enough apart so water can circulate freely. Begin to count processing time when all jars are in and water boils vigorously. Add more boiling water as needed to cover jars. When time is up, lift jars from water and complete seal, if necessary.

PROCESSING IN PRESSURE COOKER

FOLLOW manufacturer's directions for operation and care of a pressure cooker. In general, pour boiling water into cooker until just below rack that holds jars. Arrange jars on rack, allowing spaces between for circulation of steam, adjust cover and fasten securely. Keep petcock open until steam escapes in steady stream 5 to 7 minutes so all air will be exhausted from cooker. Close petcock and let pressure rise until gauge registers desired point; begin counting time immediately. Adjust heat to keep pressure at uniform level. When processing time is complete, remove cooker from heat, cool until gauge registers zero; then open pet-

784 cock to allow escape of steam, remove cover, lift out jars and complete seal if necessary. Fluctuations in pressure during processing may cause a loss of liquid in the jars; if this happens do not open jars to add additional liquid—the food will keep if tightly sealed.

CANNING IN TIN

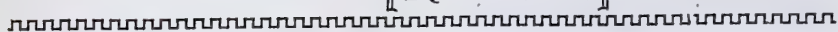
Tin cans may be used with good results and a saving of time in canning fruits, vegetables and meats. Plain tin cans are satisfactory for most foods, but color of red fruits and vegetables is preserved if packed in “sanitary” fruit or “R” enamel cans. Corn requires “C” or corn enamel of light-gold color with dark finish; and the same kind is frequently used with beans and peas to prevent discoloration. No. 2, 2½ and 3 cans are most satisfactory for home canning. Special technique is needed in filling cans and exhausting the air after filling; and a special sealing machine is required to close them. Tin cans may be stacked in water bath or pressure cooker; after processing they are immediately cooled to lukewarm in cold running water. For further information on canning in tin, consult bibliography (page 952).

OVEN CANNING

Use only an oven equipped with a regulator that can be depended upon to maintain a steady temperature of 250° to 275° F. during the entire period. Place jars in pan far enough apart to permit circulation of heat. Count time from moment jars go into oven and heat 50 per cent longer than for water bath (Table XV, page 793). Use only for fruits and acid vegetables packed in glass jars. This method is not used with tin cans.

OPEN KETTLE CANNING

Use only for fruits and tomatoes. Prepare as directed in recipe; place in deep preserving kettle, adding syrup or water as re-



quired, and cook several minutes, or until softened. This cooking destroys bacteria and takes the place of both precooking and processing. Pack boiling hot into sterilized glass jars, filling to the top to drive out air; seal at once with sterilized caps. 785

CANNING EQUIPMENT

THE large pieces of equipment used for canning have been discussed under each method. Additional canning equipment includes a colander, coarse strainer, skimmer, draining spoon, wide-mouthed funnel for filling jars, and a jar lifter.

STERILIZING JARS AND COVERS

ONLY perfect jars free from cracks and nicks should be used. Screw-top, spring-top and self-sealing glass jars are in common use. They come in various shapes, square or round, with standard or extra wide mouths, and in half-pint, pint, quart and 2-quart sizes. Wash or sterilize before using. To sterilize jars, lay clean jars and glass tops on cloth or rack in a large pan, fill with water, bring to a boil, and boil 15 to 20 minutes; leave entirely immersed in water until ready to fill.

Rubbers are used on screw- and spring-top jars. Fresh, new rubbers should be used each year. A good rubber is soft, pliable and elastic. Dip in boiling water before adjusting and have them in place before jars are filled.

For using self-sealing covers on glass jars, follow directions that accompany covers; for using tin cans, follow directions that come with each type of sealer.

USING CANNED FOODS

ALWAYS inspect canned foods before using and if there are any evidences of spoilage do not use them; burn spoiled nonacid vegetables and meats. There should be no leakage, no bulging or

CANNING [FRUITS]

786 flattening of tin cans, no bulging of rubbers on glass jars, no foreign odors or softening of product, no cloudiness of liquid or discoloration of product.

Fruits and acid vegetables may be opened and used at once. Home-canned nonacid vegetables, meats and poultry should be boiled for 15 minutes before tasting or using (page 780). Use in any recipes that require cooked or canned vegetables or meats, or serve plain with the addition of seasonings desired.

TABLE XIV
SUGAR SYRUPS FOR CANNING FRUITS

TYPE OF SYRUP	SUGAR	WATER	SUGAR CONTENT (APPROX.)
	<i>cup</i>	<i>cup</i>	<i>per cent</i>
Light.....	1	3	25
Medium.....	1	2	33
Heavy.....	1	1	50

Heat sugar and water until sugar is dissolved and syrup boils. Fruit juice may be substituted for part or all of water. With peaches, add 1 cracked peach pit for every quart of syrup; boil 5 minutes and strain. For different sized jars allow the following amounts of syrup: $\frac{1}{2}$ to $\frac{3}{4}$ cup for pint jar or No. 2 can; 1 to $1\frac{1}{2}$ cups for quart jar or No. 3 can.

APPLES

Peel, core and cut in pieces of desired size. To prevent discoloration drop into weak brine solution (1 tablespoon salt to 1 quart water) until ready for packing; rinse thoroughly. Simmer 5 minutes in light syrup (page 786), pack hot into jars or cans; process immediately as directed in Table XV (page 793). Or prepare Baked Apples (page 59); pack hot into quart glass jars, cover with boiling medium or heavy syrup (page 786) and process. Or prepare Applesauce (page 59), pack boiling hot and process. Apples should not be packed raw; they must be precooked to prevent shrinkage. Allow about 2 pounds apples for each quart jar to be filled.

BERRIES AND CURRANTS

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Use blackberries, blueberries, dewberries, gooseberries,¹ huckleberries, loganberries, raspberries and currants. Wash carefully; remove stems or caps. Pack solidly into jars, pressing fruit in gently. Fill jars with boiling medium syrup (page 786) and process immediately as directed in Table XV (page 793). Or to each pound fruit add $\frac{1}{4}$ to $\frac{1}{2}$ pound sugar depending on sweetness of fruit, simmer, stirring gently, 3 to 5 minutes. Pack boiling hot and process. Berries canned raw keep their shape better but tend to rise in the jar after processing. Allow $1\frac{1}{2}$ quarts fresh berries for each quart jar.

CHERRIES

Cherries may be canned with or without pits. For **unpitted cherries**, wash, stem and prick to prevent shrinkage. Pack closely into jars or cans, fill with boiling syrup (page 786), using medium syrup for sweet cherries and heavy syrup for sour. Process immediately as directed in Table XV (page 793). For **pitted cherries**, remove pits with pitting machine or by hand. (An inverted pen point in a holder removes pits easily and quickly.) Cook 5 minutes in syrup, pack boiling hot and process. Allow $1\frac{1}{2}$ quarts cherries for each quart jar.

PEACHES AND APRICOTS

Select sound, ripe fruit of uniform size; reserve undersized peaches for marmalade, jam or butter. Blanch in hot water, rub off skins, cut in halves and remove pits. To prevent discoloration, drop halves into weak brine solution (1 tablespoon salt to 1 quart water) until ready for packing; rinse thoroughly. Pack into jars or cans, placing halves in overlapping layers, pit side down. Fill jars with boiling light or medium syrup for peaches (page 786) and process immediately as directed in Table XV (page 793). Or simmer peaches in syrup 4 to 8 minutes; pack boiling hot and process. Allow $2\frac{1}{2}$ pounds fresh peaches for each quart jar.

PLUMS

Select plums that have just ripened; they are usually canned whole. Wash carefully, prick each to prevent bursting of skin. Pack into jars or cans, fill with boiling medium syrup (page 786) and process immediately as directed in Table XV (page 793). Allow $1\frac{1}{2}$ quarts fresh plums for each quart jar.

¹Pack gooseberries raw, using heavy syrup.

PEARS

Select firm ripe pears of uniform size. Pare; leave small pears whole, cut large ones in half and core. To prevent discoloration, drop pears into weak brine solution (1 tablespoon salt to 1 quart water), until ready for packing; rinse thoroughly. Pack into jars or cans, fill with boiling medium syrup (page 786) and process immediately as directed in Table XV (page 793). Hard varieties of pears should be pre-cooked in the syrup 4 to 8 minutes, according to size. Pack boiling hot and process. Allow 2 pounds fresh pears for each quart jar.

PINEAPPLES

Cut away base and top with sharp knife. Set fruit upright on cutting board and remove thin layer of peel, following curve of fruit. Lay fruit on side and cut in thin slices crosswise, or in oblong strips lengthwise. Remove eyes and core; cut into uniform pieces. Pack into jars or cans and fill with boiling light syrup (page 786). Process immediately as directed in Table XV (page 793). Allow 2 medium sized pineapples for each quart jar.

RHUBARB

Select young tender stalks; trim, wash carefully and cut in $\frac{1}{2}$ -inch lengths. Pack into jars or cans, fill with boiling heavy syrup (page 786) and process immediately as directed in Table XV (page 793). Or cook in syrup until tender, pack boiling hot and process. Allow $1\frac{1}{2}$ pounds rhubarb for each quart jar.

STRAWBERRIES

Wash berries thoroughly under running water; remove hulls. For each quart of strawberries add from $\frac{1}{2}$ to 1 cup sugar and 2 tablespoons water. Simmer, covered, for 5 to 8 minutes and let stand overnight in kettle. Reheat to boiling, put into jars or cans immediately. Process at once as directed in Table XV (page 793). Allow 3 to 4 quarts fresh strawberries for each quart jar.

TOMATOES

Select firm medium-sized tomatoes, scald and peel (page 485). Cut away all green or hard portions, then cut into quarters or use whole. Pack solidly into jars or cans, add 1 teaspoon salt per quart, fill with boiling tomato juice. Process immediately as directed in Table XV (page 793). Or cut tomatoes in quarters, heat just to boiling, pack hot and process. Allow about 3 pounds tomatoes for each quart jar.

TOMATO JUICE

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Wash firm, fully ripe tomatoes, cut away green and hard sections, cut into sections. Add just enough water to start cooking and simmer until softened, stirring occasionally to prevent burning. Put through sieve fine enough to remove all seeds, reheat just to boiling and pour into containers, adding $\frac{1}{2}$ to 1 teaspoon salt to each quart. With glass containers seal at once, for no processing is needed; with tin cans, process as directed in Table XV (page 793). Spices tend to discolor juice; if used, add before serving.

ASPARAGUS

Select young tender asparagus; wash carefully and grade according to size. Tie in uniform bundles, stand upright in deep saucepan with boiling water to cover tough parts of stalks; cover closely and cook 2 to 3 minutes. Or cut into $\frac{1}{2}$ -inch lengths and cook, uncovered, in boiling water to cover. Pack boiling hot in jars or cans. Add 1 teaspoon salt per quart, fill jars with water in which asparagus was cooked. Process as directed in Table XVI (page 794). Allow about 4 pounds (2 large bunches) for each quart jar.

SNAP BEANS

Wash beans, remove tips and strings and cut as desired. Cover with boiling water and simmer, uncovered, 3 to 5 minutes. Pack hot in jars or cans, add 1 teaspoon salt per quart and fill jars with boiling water in which beans were boiled. Process as directed in Table XVI (page 794). Allow about 2 pounds fresh beans for each quart jar.

LIMA BEANS

Shell and wash beans. Prepare as Snap Beans (see above) and process as directed in Table XVI (page 794). Allow about 4 quarts fresh unshelled beans for each quart jar.

BABY BEETS

Use only young, tender, turnip-shaped beets of good red color. Trim off tops, leaving all of root and 2 inches of stem to prevent bleeding. Scald in boiling water or steam 15 minutes until skins loosen. Slip off skins, complete trimming and pack in jars or cans. Add 1 teaspoon salt per quart, fill jars with fresh boiling water and process as directed in Table XVI (page 794). Allow about $2\frac{1}{2}$ pounds fresh beets for each quart jar.

CARROTS

Use only small tender carrots; wash thoroughly, cover with boiling salted water and boil 3 minutes; dip in cold water and scrape. Can like Baby Beets (page 789), packing carrots lengthwise in jars. Allow about 2½ pounds fresh carrots for each quart jar.

CORN

Use tender corn in which the grains are still milky; can immediately after picking and can only in small amounts at one time. Jars or cans holding about 1 pint are more satisfactory to use than larger containers. Shuck corn, clean and remove silk (a stiff brush is helpful). With sharp knife cut kernels close to cob to keep them as nearly whole as possible, cutting from tip to butt; do not scrape. Put kernels into pan, cover with boiling water, add 1 teaspoon salt and 2 teaspoons sugar for each quart prepared corn, and bring just to boiling point. Pack at once into jars or cans, filling to 1 inch of top to allow for expansion; process immediately as directed in Table XVI (page 794). Allow 8 small ears corn for each quart jar.

GREENS

Use Swiss chard, beet tops, kale, dandelion greens, spinach, etc. Pick over, wash in several waters, lifting greens from water each time. Cook slowly, uncovered, in very small amount of boiling water for 3 to 5 minutes, or until wilted. At once pack lightly into jars or cans; cut through greens twice from top to bottom so air will circulate freely; add 1 teaspoon salt per quart and fill jars with hot liquid in which greens were cooked or with fresh boiling water. Process immediately as directed in Table XVI (page 794).

PEAS

Use only young, tender peas, and can immediately after picking. Shell peas, discard imperfect ones and wash. Simmer uncovered in small amount of water for 3 minutes. Pack at once into pint jars or No. 2 cans, add ½ teaspoon salt to each pint and fill jars with boiling water in which peas were cooked. Process immediately as directed in Table XVI (page 794). Allow 2 quarts unshelled peas for each pint jar.

VEGETABLE MIXTURES

Prepare 2 or more vegetables; pack in layers in jars, add salt and process as directed in Table XVI (page 794).



CANNING VEGETABLES IN SEASON

Veteran canners say that fresh vegetables should be canned as soon as possible after picking. A pressure cooker speeds up the work by shortening the processing period. See *Canning and Preserving* (pages 783 and 790).

MEATS

Use only fresh meat in prime condition, choosing those cuts commonly used for roasts and steaks. Wipe with damp cloth, remove gristle, bone and excess fat; cut into pieces weighing about 1 pound each. Place in pan and roast in moderate oven (350° F.) about 30 to 40 minutes or until red color almost disappears from center of meat. Cut into smaller pieces, pack at once loosely into jars or cans, adding 1½ to 2 teaspoons salt to each quart. Pan drippings may be added, but flavor is better if no water is added. Process immediately as directed in Table XVI (page 794). For solidly packed meats or ground meats, increase processing time 5 to 10 minutes; with tin cans meat may be packed without precooking. Allow about 3 pounds fresh trimmed meat for each quart jar.

POULTRY

Freshly killed, fairly fat poultry at least 1 year old is best for canning. Dress, draw and clean as for cooking (page 287) and cut into pieces for serving (page 289); giblets should not be canned with the chicken. Cut meat from breast and back bone in as large pieces as possible. Pack into hot sterilized quart glass jars so skin, not flesh, touches container. Pack a drumstick, fleshy side down, a thigh next, wings next, fitting elbow of 1 wing into other. Place neck in center, rib end down; add ¾ teaspoon salt. Fit in remaining pieces to best advantage; if possible have a piece of dark meat skin-side up, on top of pack. Add another ¾ teaspoon salt; no liquid is needed. Process as directed in Table XVI (page 794). If desired, chicken may be precooked in oven or in water before packing.

For **boneless chicken**, cook whole chicken in open kettle with sufficient water to prevent burning, until meat can easily be removed from bones. Remove skin and cut into usual pieces. Remove bones, leaving flesh of larger pieces as legs, thighs, etc., intact. Slice breast; pick or scrape smaller pieces of meat from back ribs and neck. Pack into pint glass jars or No. 2 tin cans, having the outer layer of alternate light and dark large pieces; fill center with smaller pieces; add ½ teaspoon salt to each pint. Process as directed in Table XVI (page 794).

SOUP STOCK

Cover bones and meat trimmings with cold water, add celery and onion to taste and simmer until meat drops from bones. Strain through several thicknesses of cheese cloth; cool and remove fat. Again heat to boiling and pour into jars or cans. Add 1 teaspoon salt per quart and process immediately as directed in Table XVI (page 794).

TABLE XV

TIME TABLE FOR PROCESSING WITH WATER BATH¹ FRUITS AND ACID VEGETABLES

PRODUCT ²	COLD PACK		HOT PACK		TYPE OF SYRUP TO USE ⁴
	GLASS JARS QT. AND PT.	TIN CANS ³ NO. 2—NO. 3	GLASS JARS QT. AND PT.	TIN CANS ³ NO. 2—NO. 3	
	<i>minutes</i>	<i>minutes</i>	<i>minutes</i>	<i>minutes</i>	
Apples quartered baked sauce			5 5 5	5 5 5	light
Apricots	25	15-25	15	15	light, medium
Berries (small) and currants	20	15	5	5	medium
Beets, pickled			30		
Cherries	25	20	5	5	medium, heavy
Peaches soft firm	25 35	20 30	15	15	light, medium
Pears		20-25	20	20	medium
Pimientos ⁵			40	30	
Pineapples	30	25			light
Plums	20	15	5	5	medium
Rhubarb	20	15	5	5	heavy
Sauerkraut			25-30	15-30	
Strawberries			5	5	
Tomatoes	45	35	5	5	
Tomato juice			no process- ing	5	

¹Process times given apply to altitudes of 1000 feet or less. Over 1000 feet, increase time 20 per cent for each additional 1000 feet.

²For detailed information on preparation and amount of food for canning, see specific recipe.

³Use *sanitary enamel* cans for berries, cherries, currants, plums, pimientos, and strawberries; use *plain tin* for all other fruits and acid vegetables.

⁴For type of syrups, see Table XIV, page 786.

⁵Use pint glass jars or No. 0 or No. 1 tin cans.

TABLE XVI

TIME TABLE FOR PROCESSING WITH PRESSURE COOKER¹ NONACID VEGETABLES AND MEATS

PRODUCT ²	PRESSURE AND TEMPERATURE		TIME FOR PROCESSING			
			GLASS JARS		TIN CANS ³	
			PINT	QUART	NO. 2	NO. 3
	<i>pounds</i>	<i>degrees F.</i>	<i>minutes</i>	<i>minutes</i>	<i>minutes</i>	<i>minutes</i>
Asparagus	10	240	30	35	30	
Beans						
fresh lima	10	240	50	55	40	50
snap			30	35	25	30
soybeans			80	90	70	85
Baby beets	10	240	30	35	30	30
Carrots	10	240	30	35	30	30
Corn	15	250	60	70	50	65
Greens	15	250	60	65	50	
Mushrooms	10	240	25	35	25	25
Okra	10	240	35	40	25	30
Peas	10	240	45		40	
Pumpkin	15	250	60	75	60	70
Squash	15	250	60	75	60	70
Sweet potatoes	10	240	95	120	95	115
Vegetable mixture	10	240	60	70	50	65
Beef	15	250	85	120	85	120
Chicken			85	120	85	120
boned	15	250				
with bone			65	75	55	70
Lamb						
Mutton	15	250	85	120	85	120
Pork			85	120	85	120
fresh	15	250				
sausage			90	120	90	
Soup stock	15	250	40	45	40	45
Veal	15	250	85	120	85	120

¹The process here applies to altitudes of 2000 feet or less. Over 2000 feet, add one pound pressure for each additional 2000 feet and process for same length of time.

²For detailed information on preparation and amount of food to use for canning, see specific recipe.

³Use *sanitary enamel* cans for beets, pumpkin, squash, and sweet potatoes; "*C*" *enamel* or *plain tin* for fresh lima beans, soybeans, corn; *plain tin* for all other nonacid vegetables, meats, and poultry.

JELLIES

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GENERAL DIRECTIONS

TART apples, crabapples, cranberries, blackberries, currants, slip-skin grapes, gooseberries, tart plums and quinces contain sufficient pectin and acid to make good jellies; with other fruits either use a commercial pectin, following package directions exactly, or combine with another fruit high in pectin.

Selection of Fruit. Select firm fruit, using a mixture of ripe and slightly underripe fruit. Wash and discard damaged portions. Remove stems and blossom ends from hard fruits as apples and quinces, and cut in pieces; leave stems on currants and skins on grapes and plums; crush soft fruits to start juice.

Extraction of Juice. Add required quantity of water (page 797) and cook until soft: 5 to 10 minutes for soft fruits; 25 to 30 minutes for hard fruits. Turn into jelly bag of cotton flannel or several thicknesses of cheese cloth and allow juice to drain; shift pulp occasionally to keep juice flowing. Juice may be squeezed through bag, if desired, but will not be as clear. A second and third extraction can be made from pectin-rich fruits as crabapples, grapes and currants. To do this, return drained pulp to kettle, barely cover with water, cook slowly about 30 minutes and again drain. This juice is usually kept separate from first extraction and made into jelly by itself.

Pectin Tests. The amount of pectin varies in fruit juices. To determine the approximate amount in a juice, use one of the following tests:

Alcohol Test. Mix together 1 tablespoon each fruit juice and ethyl, denatured or wood alcohol. If the pectin comes down in a solid mass, it is adequate for jelly making; if it is flocculent or in flakes, boil down juice to concentrate the pectin, or combine with a juice high in pectin, or add commercial pectin. This is a chemical test and the residue must not be eaten.

796 *Epsom Salts Test.* Mix together 1 tablespoon fruit juice, 1 teaspoon sugar and $\frac{1}{2}$ tablespoon Epsom salts, stirring until salts are dissolved; let stand 20 minutes. If a solid mass forms, the juice will make a satisfactory jelly.

Cooking Jelly. Measure juice (not more than 6 or 8 cups) into large kettle. If juice seems to lack acid, add 1 tablespoon lemon juice for each cup juice. Boil rapidly 5 minutes; skim if necessary, then add required amount of sugar (page 797), stirring until dissolved, then cook rapidly until jelly test is obtained. Long, slow cooking results in loss of flavor and darkening of color.

Jelly Tests. Use either a candy thermometer or the "sheet" test. The thermometer at sea level should register 221° F. for a firm jelly; 218° to 219° F. for a soft jelly. To make the "sheet" test, lift a full spoon from the boiling syrup, hold about 12 inches above kettle and pour contents back into kettle. At first they pour like water, the final drops forming a single stream; later 2 streams will form, then the drops flatten out into a thin sheet, which, when the jelly reaches the finishing point, will shear away from edge of spoon, leaving it clean. Begin making this sheet test shortly after the juice has boiled up well in the kettle. It should be repeated frequently until the test is successful two or three times in quick succession.

Pouring and Sealing. Pour hot jelly into dry sterilized glasses, filling to within $\frac{1}{4}$ inch of top. Lay clean paper over tops of glasses and let stand until jelly has set; then cover jelly with $\frac{1}{8}$ -inch layer of hot melted paraffin. When cool, cover with another thin layer of paraffin, turning glass to bring it well up on sides. Adjust tin lids or heavy paper covers, label and store in cool, dark, dry place.

Two pounds fruit yield about 2 cups juice and, with an equal quantity of sugar added, make about 4 glasses (6 fluid oz. each) of jelly, or 3 glasses (8 fluid oz. each).

[[JELLY MAKING]] PRESERVING

TABLE XVII
EXTRACTION OF JUICES FOR JELLY

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FRUIT	WATER PER POUND PREPARED FRUIT	TIME OF COOKING	FRUIT	WATER PER POUND PREPARED FRUIT	TIME OF COOKING
	<i>cup</i>	<i>minutes</i>		<i>cup</i>	<i>minutes</i>
Apples	1, or to cover	15-20	Gooseberries	$\frac{1}{4}$	15
Crabapples	1, or to cover	15-20	Grapes,		
Blackberries	$\frac{1}{4}$, or none	10	Concord	$\frac{1}{4}$, or none	10-15
Cranberries	3	20	wild	1	10-15
Currants	$\frac{1}{4}$, or none	15	Plums, tart	$\frac{1}{2}$	15-20
			Quinces	1, or to cover	20-30

TABLE XVIII
PROPORTION OF SUGAR TO FRUIT JUICE FOR JELLY

SINGLE FRUIT JUICE ¹	SUGAR PER CUP JUICE	COMBINATION OF JUICES	SUGAR PER CUP JUICE
	<i>cup</i>		<i>cup</i>
Apples ¹	$\frac{3}{4}$	$\frac{1}{4}$ apple + $\frac{3}{4}$ blackberry	$\frac{3}{4}$
Crabapples ¹	1	$\frac{1}{2}$ each apple, cherry	$\frac{3}{4}$
Blackberries	$\frac{3}{4}$	$\frac{1}{2}$ each apple, rhubarb	$\frac{3}{4}$
Cranberries	$\frac{3}{4}$	$\frac{1}{3}$ each apple, blueberry, rhubarb	1
Currants	1	$\frac{1}{2}$ each apple, black raspberry	$\frac{3}{4}$
Gooseberries	1	$\frac{1}{2}$ each apple, pineapple	$\frac{3}{4}$
Grapes, Concord	$\frac{3}{4}$ to 1	$\frac{1}{2}$ each apple, peach	$\frac{3}{4}$
Grapes, wild	1	$\frac{1}{2}$ each apple, strawberry	$\frac{3}{4}$
Plums, tart ¹	$\frac{3}{4}$	$\frac{1}{3}$ each apple, quince, cranberry	1
Quinces ¹	$\frac{3}{4}$	$\frac{1}{2}$ each apple, blueberry	$\frac{3}{4}$
		$\frac{1}{2}$ each currant, red raspberry	1

¹One tablespoon lemon juice may be added to each cup of juice if extracted from ripe fruit.

COMBINATION JELLIES

Two or more fruit juices may be combined to add variety of flavor, to supply pectin or acid deficiency in one of the fruits, or to extend the juice of scarce or expensive fruits. Prepare juices separately, then mix in proportion desired and proceed as with any jelly. Some suggestive juice combinations with the proportion of sugar to use are given in Table XVIII above.

PRESERVING [JELLIES]

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CRANBERRY AND GRAPE JELLY

1 cup cranberry juice

1 pint Concord grape juice

1 cup tart apple juice

2¼ cups (1 lb.) sugar

Mix juices and boil 5 minutes; skim, if necessary. Add sugar; stir until dissolved and boil rapidly until jelly sheets from edge of spoon. Pour into clean glasses. Paraffin when cool. Yield: 8 (6 oz.) glasses.

ELDERBERRY JELLY

3½ cups elderberry juice

½ cup lemon juice

7½ cups (3¼ lb.) sugar

1 cup commercial pectin

To prepare juice, remove larger stems from 4 pounds ripe elderberries; crush in kettle. Heat gently until juice flows; then simmer, covered, 15 minutes. Squeeze in jelly cloth.

Measure sugar and juice into large saucepan; add lemon juice and mix. Quickly bring to a boil; at once add pectin, stirring constantly; then bring to a full boil for ½ minute. Remove from fire, skim, pour quickly. Paraffin when cold. Approximate yield: 14 (6 oz.) glasses.

RED RASPBERRY AND STRAWBERRY JELLY

1¼ quarts ripe strawberries

8 cups sugar

1¼ quarts ripe red raspberries

1 bottle commercial pectin

Crush strawberries thoroughly, then squeeze through jelly bag. Measure 3½ cups of juice and mix it thoroughly with the sugar in large kettle. Quickly bring to a full rolling boil and boil hard 2 minutes, stirring constantly. Add fruit pectin, bring again to a full rolling boil and boil hard ½ minute. Remove from heat, skim and pour. When cool, cover with paraffin. Approximate yield: 12 (6 oz.) glasses.

RHUBARB AND STRAWBERRY JELLY

1 pound rhubarb

8 cups sugar

2 quarts ripe strawberries

1 bottle commercial pectin

Put rhubarb through food chopper, using finest knife. Crush strawberries thoroughly and blend with rhubarb. Squeeze through cloth jelly bag, and measure 3½ cups of juice; combine with the sugar in a large kettle. Quickly bring to a boil and add fruit pectin, stirring constantly. Bring to a full boil and boil hard ½ minute. Remove from heat, skim and pour into glasses. When cool, cover with layer of paraffin. Approximate yield: 12 (6 oz.) glasses.

MINT JELLY

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$\frac{1}{2}$ cup vinegar	green coloring
1 cup water	$3\frac{1}{2}$ cups sugar
$\frac{1}{2}$ cup mint leaves	$\frac{1}{2}$ cup commercial pectin

Combine vinegar, water, mint leaves, and enough coloring to give tint desired. Add sugar, stir, and bring to a boil. Add pectin at once, stirring constantly, and bring again to a full boil for $\frac{1}{2}$ minute. Strain off mint leaves and pour into glasses. When cold, cover with paraffin. Approximate yield: 6 (6 oz.) glasses.

PINEAPPLE MINT JELLY

1 cup unsweetened pineapple juice	green vegetable coloring
$\frac{1}{4}$ cup lemon juice	$\frac{1}{2}$ cup commercial pectin
$1\frac{3}{4}$ cups sugar	1 teaspoon spearmint extract

Measure juices and sugar into large saucepan. Add green coloring to desired shade and quickly bring to boil. Add pectin, stirring constantly. Bring to a full rolling boil for $\frac{1}{2}$ minute. Remove from heat, add mint extract, skim and pour into glasses. When cool, cover with paraffin. Approximate yield: 4 (6 oz.) glasses.

JAMS

JAMS are made from crushed whole fruits, as berries, apricots, cherries, peaches, plums and grapes, cooked with sugar to a soft, jelly-like consistency containing almost no free liquid.

Cook no more than 3 to 4 quarts of fruit at a time. Wash fruit, crush or cut in small pieces, add small amount of water and cook 8 to 10 minutes. Measure fruit, add about $\frac{2}{3}$ cup sugar for each cup of fruit, and boil rapidly until jam is thick and clear, stirring to prevent burning. When sufficiently cooked, jam will sheet from spoon like jelly (page 796). Pour into sterilized glasses and seal as jelly. Or pour into clean hot jars and seal at once.

Less sugar may be used, if desired; but jam must then be sterilized or processed before sealing. Pour hot jam into glass jars as for canning (page 782) and partially seal. Process 3 to 5 minutes in boiling water bath (page 783). Remove jars and complete seal.

JAM RECIPES

(Follow general directions on page 799)

Berry Jams—Use 4 quarts raspberries, blackberries, blueberries, loganberries, gooseberries or currants. Partially crush in large kettle; heat slowly until juice flows freely; then boil rapidly until about $\frac{1}{2}$ of juice has evaporated. Measure fruit; add $\frac{2}{3}$ cup sugar for each cup fruit. For a less seedy jam, sieve part of hot fruit before adding sugar. Approximate yield: 14 (6 oz.) glasses or 10 half-pint jars.

Combination Jam—Use 1 quart sour cherries, pitted, 1 medium-sized pineapple, shredded, and 2 quarts strawberries, hulled. Boil cherries and pineapple 5 minutes, add strawberries and 7 cups sugar. Approximate yield: 14 (6 oz.) glasses or 10 half-pint jars.

Grape Jam—Use 4 pounds Concord grapes; remove pulp from skins and put in separate kettles. Bring pulp to boiling point and press through sieve to remove seeds. Cook skins until soft in equal amount of water. Add skins to pulp and measure; add $\frac{1}{2}$ cup sugar to each cup fruit. Approximate yield: 8 (6 oz.) glasses or 6 half-pint jars.

Peach or Apricot Jam—Use 4 pounds peaches, peeled and stoned. Cook in 2 cups water; add 6 cups sugar. Approximate yield: 12 (6 oz.) glasses or 8 half-pint jars.

Plum Jam—Use 4 quarts damson or green gage plums, pitted. Cook in 4 cups water; measure and add $\frac{2}{3}$ cup sugar for each cup fruit. Approximate yield: 12 (6 oz.) glasses or 8 half-pint jars.

Raisin and Cranberry Jam—Cook 1 cup seeded raisins with 4 cups water until liquid is reduced $\frac{1}{2}$. Add 4 cups cranberries and $2\frac{1}{2}$ cups sugar. Approximate yield: 6 (6 oz.) glasses or 4 half-pint jars.

Red Raspberry Jam with Currant Juice—Crush 4 quarts raspberries, cover with 2 cups strained currant juice and let stand 10 to 15 minutes. Simmer 20 minutes; measure and add $\frac{2}{3}$ cup sugar for each cup fruit. Approximate yield: 12 (6 oz.) glasses or 8 half-pint jars.

Strawberry Jam—Crush 1 quart strawberries, hulled, in large kettle; add $2\frac{1}{4}$ cups sugar. Heat quickly and boil rapidly until clear. This jam is not very thick. Approximate yield: 4 (6 oz.) glasses or 3 half-pint jars strawberry jam.

[[JAMS AND PRESERVES]] PRESERVING

Strawberry and Rhubarb Jam—Use 1 quart whole strawberries, hulled, 801
and 1 pound rhubarb cut in ½-inch lengths. Cook in 1 cup water;
add 4 cups sugar. Yield: 6 (6 oz.) glasses or 4 half-pint jars.

BLACKBERRY JAM DE LUXE

1 can (No. 2) blackberries 1 can (No. 2) crushed pineapple
1 cup sweetened applesauce

Boil fruits together for 1½ hours, or until desired thickness is reached.
Turn into scalded glasses and cover with paraffin. Approximate yield:
2 pints jam.

MARASCHINO PEAR JAM

3 cups (1½ lb.) crushed pears ¾ cup maraschino cherries, drained
1 cup (½ lb.) crushed pineapple 7½ cups (3¼ lb.) sugar
1 bottle commercial pectin

To prepare fruit, peel and core about 2 pounds fully ripe pears; crush
thoroughly or grind. Peel 1 small pineapple; chop very fine or grind,
using finest knife of food chopper. Chop maraschino cherries.

Measure sugar and prepared fruit into large kettle, mix well and
quickly bring to a full rolling boil. Stir constantly before and during
boiling. Boil hard for 1 minute.

Remove from fire and stir in pectin. Then stir and skim alternately
for just 5 minutes to cool slightly and prevent floating fruit. Pour
quickly into glasses. Cover with paraffin when cool. Approximate
yield: 11 (6 oz.) glasses.

PRESERVES

FRUIT preserves are whole fruits or pieces of fruit preserved in
heavy sugar syrup. Hard fruits as pears, pineapples, quinces, etc.,
are cooked in water until tender, the water drained off and used
in making the syrup. Two-thirds to ¾ pound of sugar is added
for each pound of fruit; for strawberries use 1 pound sugar to each
pound fruit. Berries and other juicy fruits are cooked in syrup
from the start. Cook, stirring frequently and gently, until fruit is
clear and tender and syrup is thick. Turn into hot clean jars and
seal at once. To have plump preserves, let fruit stand in syrup
several hours after cooking is completed. Reheat to boiling, pour
into jars and seal at once.

PRESERVE RECIPES

(Follow general directions on page 801)

Green Tomato Preserves—Cook together 1 pound green tomatoes, thinly sliced, 1 lemon, thinly sliced, $\frac{3}{4}$ cup firmly packed brown sugar, and 1 tablespoon ground ginger, tied in a cloth bag. Remove ginger before pouring into jars. Approximate yield: 2 half-pint jars.

Peach Cantaloupe Preserves—Use 12 peaches, peeled, stoned and sliced, 1 cantaloupe, peeled, seeded and sliced, and pulp of 3 oranges. Measure fruit; add $\frac{2}{3}$ cup sugar to each cup fruit, let stand several hours before cooking. Approximate yield: 5 half-pint jars.

Pear Preserves—Boil $4\frac{1}{2}$ cups sugar and $2\frac{1}{2}$ cups water together 8 minutes; add 2 pounds pears, peeled and cut in halves, 8 whole cloves, 12 raisins and 1 lemon, thinly sliced; cook until pears are clear and tender, and syrup thick. Approximate yield: 2 half-pint jars.

Pineapple Preserves—Prepare and slice 1 pineapple (page 70) and remove hard centers; cook in boiling water until tender. Drain, reserving liquid; weigh fruit. Use $\frac{3}{4}$ pound sugar for each pound fruit; dissolve sugar in 1 cup fruit liquid, add juice and grated rind of 1 lemon. Add pineapple when syrup boils.

Ripe Tomato Preserves—Use 5 pounds ripe tomatoes, peeled and cut in quarters; add 8 cups sugar and let stand overnight in crock or enameled kettle. Drain; boil juice until it threads. Add tomatoes and 2 lemons, thinly sliced. Approximate yield: 4 half-pint jars.

Quince Preserves—Use 1 pound quinces, pared, quartered and cored. Cook for 1 hour in syrup made of $1\frac{1}{4}$ cups sugar and 4 cups water; let stand 24 hours. Drain syrup, add 1 cup sugar, bring to a boil, add fruit and simmer until fruit is clear and syrup thickened. Again let stand overnight, drain, pack fruit in clean hot jars. Boil syrup until it sheets like jelly (page 796); pour over fruit and seal at once.

Strawberry Preserves—Use 2 quarts strawberries, hulled; add $4\frac{1}{2}$ cups sugar; heat, stirring gently until mixture boils, then boil 6 minutes. Approximate yield: 2 half-pint jars.

Strawberry-Pineapple Preserves—Cook 1 cup shredded pineapple with 3 cups sugar for 10 minutes; add 2 cups strawberries, hulled, and cook about 20 minutes longer, or until thickened. Yield: 4 half-pint jars.

SUNSHINE CHERRIES WITH HONEY

2½ quarts cherries

4 cups (1¾ lb.) sugar

1 cup strained honey

Wash and pit cherries. Put in a kettle in layers with sugar and honey. Let stand for 2 hours, then bring to boiling point and boil for 5 minutes. Remove from fire and spread cherries in shallow pans, having the fruit only one layer deep. Cover with glass plates and stand in the sun for 9 hours. Pack in clean hot jars and seal. Approximate yield: 6 half-pint jars.

SUN-COOKED STRAWBERRY PRESERVES

Wash and hull strawberries, weigh, and place in shallow enameled pans, allowing 1 to 2 pounds of fruit to a pan. Spread sugar over fruit, using ¾ pound sugar to 1 pound fruit; cover and let stand overnight. Set pans over low fire and stir gently until all sugar is dissolved, bring to a boil, boil 1 minute, stirring occasionally; remove from fire and cool. Cover pans with plates of glass, put in sunny window or in sun outside and let stand several days until syrup is of jellylike consistency, stirring several times each day. Pack into clean hot jars; sterilize in boiling water bath (page 783) 2 to 3 minutes. Cherries and raspberries may also be preserved in this way. Allow about 1 quart strawberries for 3 half-pint jars.

MARMALADES

MARMALADES are usually made from pulpy fruits rich in pectin and acid, the entire fruit except core and seeds being used; 1 or more citrus fruits are commonly used. Wash fruits thoroughly, leave small fruits whole, cut larger ones into very thin slices. When citrus fruits are used, water is usually added and mixture allowed to stand overnight. Cook fruit in water until tender, add sugar, about ¾ pound to each pound of mixture, and continue cooking until fruit is clear and syrup sheets from spoon (page 796). Remove from fire, cool about 5 minutes, stirring frequently to prevent floating fruit. Pour into clean dry glasses, filling them to within ¼ inch of top. When cold and set, cover with paraffin, as directed for jelly (page 796); store in a cool, dry, dark place.

MARMALADE RECIPES

(Follow general directions on page 803)

Amber Marmalade—Use 1 orange, 1 lemon and 1 grapefruit, each thinly sliced. Add 3 cups water to each cup fruit and let stand overnight. Boil rapidly until tender; measure and add 1 cup sugar to each cup fruit and liquid. Approximate yield: 6 (6 oz.) glasses.

Carrot Marmalade—Cook 6 carrots, scraped, and finely cut, in small amount of water until tender. Add 3 oranges, thinly sliced, and juice and rind of 1 lemon. Measure; add $\frac{2}{3}$ cup sugar for each cup mixture. Approximate yield: 6 (6 oz.) glasses.

Cherry Marmalade—Combine 2 pounds pitted cherries, 3 cups sugar, 2 cups water; simmer 15 minutes and add juice and grated rind of 1 lemon and 1 orange. Approximate yield: 6 (6 oz.) glasses.

Grapefruit Marmalade—Use 1 large grapefruit and 3 large oranges; cover with $3\frac{1}{2}$ pints water and let stand overnight. Boil slowly until tender; add $3\frac{1}{2}$ pounds sugar. Approximate yield: 8 (6 oz.) glasses.

Green Tomato Marmalade—Use 3 pounds green tomatoes, finely sliced, 3 lemons, thinly sliced and boiled 5 minutes in $\frac{1}{2}$ cup water, and 3 cups sugar. Combine and boil rapidly until thick. Approximate yield: 8 (6 oz.) glasses.

Mint Marmalade—Use 1 cup orange pulp, juice and grated rind of 2 lemons and $\frac{1}{2}$ pound peppermint candy, ground or broken. Cook together until candy is melted and mixture thick. Approximate yield: 3 (6 oz.) glasses.

Orange Marmalade—Use 6 oranges, finely sliced or chopped. Add 3 cups water for each cup fruit and let stand overnight. Boil slowly until tender, add 1 cup sugar to each cup fruit. Approximate yield: 8 (6 oz.) glasses.

Peach Marmalade—Use 5 pounds peaches, pared, pitted and finely sliced; add $6\frac{3}{4}$ cups sugar and juice from $\frac{1}{2}$ pint bottle maraschino cherries. Add chopped cherries before removing from fire. Approximate yield: 8 (6 oz.) glasses.

Pineapple Apricot Marmalade—Use 1 pound chopped dried apricots, soaked overnight and drained, 1 can (No. 2) shredded pineapple, $3\frac{1}{2}$ cups water and $3\frac{1}{2}$ cups sugar. Approximate yield: 8 (6 oz.) glasses.

Pineapple Marmalade—Use 6 cups shredded pineapple, 5 cups sugar and pulp of 1 orange, thinly sliced; mix thoroughly and let stand overnight. Chop orange rind very fine, cover with cold water and also let stand overnight. Cook rind until tender, add to pineapple mixture and cook until thickened. Approximate yield: 8 (6 oz.) glasses.

Rhubarb Marmalade—Combine 1 pound rhubarb, finely cut, thinly sliced rind of 1 lemon with inner white part removed, and $2\frac{1}{2}$ cups sugar; let stand overnight. Add strained juice of the lemon and cook until thick. Approximate yield: 6 (6 oz.) glasses.

CONSERVES

CONSERVES are made from 2 or more fruits, one of them often a citrus fruit, with raisins, nutmeats or both added. Prepare fruit, slice, shred or cut in pieces; cook like Marmalade (page 803). Add nut meats just before removing from heat. Walnuts sometimes cause a conserve to turn dark; this may often be avoided by blanching the meats in boiling water 3 to 5 minutes, then cooling in cold water. Almonds should be blanched and chopped. Pour and paraffin conserves like marmalade.

CONSERVE RECIPES

(Follow general directions above)

Cherry Conserve—Use 3 quarts pitted sour cherries, 1 cup seeded raisins, juice and grated rind of 1 orange and 1 lemon, and 7 cups sugar. When thick, add $\frac{1}{2}$ cup chopped walnut meats. Approximate yield: 10 (6 oz.) glasses.

Cranberry Conserve—Use 1 quart cranberries, chopped, $\frac{3}{4}$ cup dried currants, 1 cup seeded raisins, pulp and grated rind of 6 oranges, 2 tart apples, pared and finely cut, 1 can (No. 2) grated pineapple, 1 cup boiling water and 6 cups sugar. When thick, add $\frac{1}{2}$ cup shredded, blanched almonds. Approximate yield: 8 (6 oz.) glasses.

Damson Plum Conserve—Use 2 pounds plums, pitted and chopped, 1 orange, chopped and cooked 20 minutes in 2 cups water, $\frac{1}{2}$ cup raisins and 3 cups sugar. When thick, add $\frac{1}{4}$ cup chopped walnut meats. Approximate yield: 6 (6 oz.) glasses.



806 De Luxe Conserve—Use 2 cups ground fresh pineapple and 5 cups raspberries. Add 6 cups sugar, mix and let stand 15 minutes, then cook until thick and clear; add $\frac{1}{2}$ cup chopped nut meats. Approximate yield: 6 (6 oz.) glasses.

Gooseberry and Pineapple Conserve—Boil $1\frac{1}{2}$ quarts prepared gooseberries in $\frac{1}{2}$ cup water until skins burst; add 2 cups shredded pineapple and cook 10 minutes; then add 2 cups seeded raisins and 4 cups sugar. When thick, add 2 cups chopped pecans. Yield: 6 (6 oz.) glasses.

Grape and Nut Conserve—Cook 6 cups bottled grape juice, 6 cups sugar, 6 oranges, chopped, 6 cups chopped raisins, and grated rind and juice of 2 lemons. When thick, add $4\frac{1}{2}$ cups chopped walnuts and 1 cup chopped filberts. Approximate yield: 12 (6 oz.) glasses.

Medley Conserve—Use 4 cups stemmed currants, 5 cups prepared gooseberries, $2\frac{1}{2}$ cups blackberries and 7 cups sugar. When thick, add 2 cups chopped walnut meats. Yield: 10 (6 oz.) glasses.

Peach Conserve—Cut 3 oranges in thin slices, stack and cut in quarters; boil 30 minutes in water to cover. Add $1\frac{1}{2}$ cups peaches, peeled and cut in small pieces, and 4 cups sugar; when thick, add 1 cup shredded, blanched almonds. Approximate yield: 4 (6 oz.) glasses.

Peach and Ginger Conserve—Use 1 pound chopped dried peaches, soaked overnight in 4 cups water, 1 orange, thinly sliced, 1 cup seedless raisins, $\frac{1}{4}$ cup chopped crystallized ginger, juice of 1 lemon and 1 orange, and 2 cups sugar. When thick, add $\frac{1}{4}$ cup chopped walnuts. Approximate yield: 6 (6 oz.) glasses.

Peach-Pecan Conserve—Use 14 large peaches, peeled, pitted and cut in small pieces, 4 pounds sugar and 1 tablespoon grated orange rind. When thick, add $\frac{1}{2}$ pound chopped pecans. Yield: 8 (6 oz.) glasses.

Rhubarb and Strawberry Conserve—Combine 2 cups diced rhubarb, 1 cup seeded raisins, pulp and grated rind of 2 oranges, and 3 cups sugar; let stand overnight. Add 4 cups whole strawberries; when thick, add $\frac{1}{2}$ cup chopped walnut meats. Yield: 6 (6 oz.) glasses.

Tomato Conserve—Use 4 pounds tomatoes, peeled, sliced and drained, $\frac{1}{2}$ cup chopped preserved ginger, juice and grated rind of 1 lemon and 8 cups sugar. Approximate yield: 6 (6 oz.) glasses.

FRUIT BUTTERS

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Use fleshy fruits, as apples, peaches, plums, grapes or tomatoes, alone or in combination. Wash, remove undesirable portions and cook in water to cover until tender. Rub through fine colander or sieve. If pulp is thin, cook until thick enough to heap or round up on spoon. Measure; add sugar, using about $\frac{2}{3}$ cup for each cup of fruit, and spices. Sometimes spices are tied in cloth bag and removed before pouring. Cook rapidly, stirring constantly to prevent scorching until butter sheets from spoon (page 796). Pour into clean hot jars and seal. For less sweet butters, turn into jars and process 3 to 5 minutes in boiling water bath (page 783).

Butters may be made with pulp left from jelly-making. Add water to remaining pulp, boil 3 to 5 minutes and proceed as above.

FRUIT BUTTER RECIPES

(Follow general directions above)

Apple Butter—Cook slowly 2 quarts peeled apple quarters in 2 quarts sweet cider about 2 hours; omit sieving and add $1\frac{1}{2}$ cups sugar, $1\frac{1}{2}$ teaspoons cinnamon, $\frac{1}{2}$ teaspoon cloves and $\frac{1}{2}$ teaspoon allspice. Approximate yield: $1\frac{1}{2}$ quarts butter.

Grape and Apple Butter—Use 2 cups each sieved grape pulp and apple pulp; add 2 cups sugar. Approximate yield: $1\frac{1}{2}$ pints butter.

Muskmelon Butter—Use 6 muskmelons, seeded and cut in small pieces. Add $\frac{1}{2}$ cup sugar for each cup pulp, and 1 teaspoon cinnamon. Approximate yield: $1\frac{1}{2}$ pints butter.

Peach Butter—Use 4 pounds peaches, peeling only if very fuzzy; remove pits. Cook in 2 cups water; sieve, measure and add $\frac{2}{3}$ cup sugar for each cup pulp. Add 2 teaspoons cinnamon and 1 teaspoon cloves, if desired. Approximate yield: $1\frac{1}{2}$ quarts butter.

Plum Butter—Use 4 pounds plums; add $\frac{2}{3}$ cup sugar for each cup pulp. Approximate yield: $1\frac{1}{2}$ quarts butter.

- 808 **Tomato Butter**—Cook 5 pounds tomatoes, peeled and sliced, 1½ pounds tart apples, peeled, cored and sliced, 2 cups vinegar, 4½ cups sugar, and ¼ oz. stick cinnamon, ¼ oz. ginger root, ⅛ oz. mace and ⅛ oz. whole cloves, tied in a bag. Cook about 3 hours; sieving is not necessary. Approximate yield: 3 quarts butter.

PICKLES AND RELISHES

Most pickles are made from small or pickle-size cucumbers, prepared with salt and preserved in vinegar, with or without sugar and spices. Onions, beets, beans and other vegetables may also be pickled.

Two standard pickling processes are used: the long fermentation process described for Fermented Salt Cucumbers (page 809) and the quick process (page 810). The cucumbers so prepared may be used as salt pickles, or made into sweet or sour pickles. The strength of the pickling brine is important; if too weak, the pickles may become soft. Dry vegetables before putting into brine to avoid dilution. Too much salt, sugar or vinegar may toughen or shrivel pickles. For very sweet or sour pickles, put into weak solution for a few days; then increase strength of solution. Accurate measurements at all times will prove an advantage, as over or under measurements may be the cause of poor or undesirable products. Recipes for other varieties of vegetable pickles are also included in this section.

Pickled fruits are made with hard or fleshy fruits, cooking them until clear in a pickling liquid. *Spiced fruits* differ from pickled fruits in that they are generally made from soft fruits; the finished product is almost a pulp and there is little free liquid. *Relishes* are made of finely chopped vegetables or the harder fruits, spiced, salted and preserved with vinegar. Certain relishes require no cooking, but most are cooked until rather thick. *Chutneys*, hot, spicy and sweet, are made from fruits, vegetables or a combination of both, usually chopped and cooked until rather thick.

Ketchups are made from vegetables, tomatoes, or fruits, and 809 strained so that the finished product is a thick smooth sauce.

FERMENTED SALT CUCUMBERS

Use small or medium-sized cucumbers, weigh and wash thoroughly. Pack in large crock, filling to within 2 or 3 inches of top. Cover with brine ($\frac{1}{4}$ pound salt to each quart water), filling to within 1 inch of top. Cover with plate inside jar and weight to keep cucumbers submerged. The next day place coarse salt on plate, allowing 1 pound salt to 10 pounds cucumbers. At end of each week, place on plate $\frac{1}{4}$ pound salt to 10 pounds cucumbers; continue for 6 to 8 weeks, removing scum as it forms. When fermentation is complete, pack pickles into glass jars, fill jars with brine, seal and store in cool place. Or cover pickles in crock with layer of hot paraffin. Allow 40 to 50 small cucumbers for a 5-gallon crock.

To freshen salt stock—Drain and cover with warm water. Let stand 6 to 12 hours, changing water twice. Do not remove all salt as some is needed for flavor. Drain again and use for sweet or sour pickles in place of Quick Process Pickles (page 810).

DILL PICKLES

Use a 5-gallon earthenware jar or keg for packing cucumbers. Place layer of dill plant and spices in bottom of jar, then 2 or 3 layers of washed, small or medium-sized cucumbers, another layer of dill and spice, and repeat until jar is almost full. Use $1\frac{1}{2}$ ounces mixed pickle spice and 1 pound dill plant for a 5-gallon jar. Cover with brine (1 pound salt, 10 quarts water and $\frac{2}{3}$ quart vinegar). Cover with layer of grape leaves and place weighted plate on top. Let stand 2 to 3 weeks, adding new brine when necessary to keep cucumbers covered. A cover over top of jar will lessen evaporation and reduce formation of scum at top of pickles.

Pickles may be stored in jar if kept in cool place. Remove scum and cover pickles with melted paraffin. For best results, pack pickles in clean glass jars, heat brine to boiling, cool slightly and pour over pickles, filling jars to top; seal at once and store in cool place. If desired, dill pickles may be prepared in 2-quart glass jars, reducing amount of dill, spice and brine as necessary. Allow 40 to 50 small cucumbers for a 5-gallon crock.



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QUICK PROCESS PICKLES

Use small or medium-sized cucumbers; wash, drain and cover with weak brine (1 cup salt to each gallon water). Let stand 24 hours; then make into sweet or sour pickles.

SOUR CUCUMBER PICKLES

Drain Quick Process Pickles (see above), place in mixture of 1 part vinegar to 3 parts water, using enough to cover pickles completely. Simmer 2 to 3 minutes, pack into jars, fill jars with boiling vinegar and seal at once. Or let pickles stand in vinegar 3 to 4 days, pack into jars without heating and seal.

SWEET CUCUMBER PICKLES

Use 12 medium-sized cucumbers, prepared as Quick Process Pickles (see above). Drain; cover with 1 quart vinegar, 1 cup sugar, 2 tablespoons whole black peppers, 1 teaspoon grated horseradish, 1 stick cinnamon, $\frac{3}{4}$ teaspoon mustard seed and $\frac{1}{2}$ teaspoon whole cloves. Heat to boiling, boil 3 minutes, turn into jars, filling to overflowing, and seal at once. Approximate yield: 1 quart jar.

PICKLED STRING BEANS

Select tender beans without strings, if possible. Keep them full length, but snip off ends and remove strings, if any. Soak beans overnight in enough brine to cover ($\frac{1}{4}$ cup salt to each quart water). Drain, rinse in cold water and dry with cloth. Pack in sterilized jars, adding a few bits of chili peppers, mustard and celery seed. For each quart jar allow about 3 cups vinegar, $\frac{1}{4}$ cup firmly packed brown sugar and small piece of horseradish root. Heat vinegar, sugar and horseradish to boiling and fill each jar to overflowing. Seal at once. Allow about $1\frac{1}{2}$ pounds beans for each quart jar.

PICKLED ONIONS

Blanch small white onions in boiling water 1 to 2 minutes, dip in cold water, remove thin slice at root of onion and slip off skin; pack onions in jars. For each quart jar onions, tie 1 tablespoon mixed spices in cloth bag, dissolve $1\frac{1}{4}$ cups sugar in 1 cup vinegar, add spices, cover and simmer 40 to 60 minutes; then add enough boiling water to make 1 cup. Pour hot solution over onions, partially seal jars and process 30 minutes in boiling water bath (page 783). Allow about 1 pound onions for each quart jar to be filled.

MIXED MUSTARD PICKLES

811

Use 2 cups whole small cucumbers, 2 cups sliced cucumbers, 2 cups string beans, broken in ½-inch pieces, 3 green peppers, chopped, 3 red peppers, chopped, 2 cups quartered small green tomatoes, and 2 cups cauliflower flowerets. Cover with brine (½ cup salt to 1 quart water) and let stand overnight. Drain, rinse in fresh water, drain again and cover with mixture of equal parts vinegar and water. Let stand 1 hour, heat to boiling, drain, add mustard dressing and simmer 5 minutes. Pack into clean hot jars and seal. For **Mustard Dressing**, mix 4 tablespoons flour, 1 cup sugar, ½ teaspoon turmeric, 3 tablespoons dry mustard and ½ tablespoon celery seed; slowly add 1 quart vinegar and cook 5 minutes, stirring constantly. Yield: 6 pint jars.

PORTLAND GREEN TOMATO PICKLE

1 peck green tomatoes, sliced	2 tablespoons celery seed
12 white onions, sliced	1 tablespoon mustard seed
salt	1 cup mixed pickle spices
vinegar	4 shredded red pepper pods

Arrange tomatoes and onions in layers, sprinkling each layer moderately with salt; let stand overnight. Drain and place in kettle, cover with vinegar, add remaining ingredients and simmer 10 minutes. Pour into clean hot jars and seal at once. Yield: 8 quart jars.

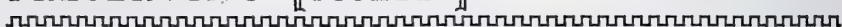
CUCUMBER OIL PICKLES

Use 20 small cucumbers; slice very thin but do not peel. Cover with weak brine (2 oz. salt to 1 quart water) and let stand 2 or 3 hours. Drain, rinse in cold water and pack in 2 clean pint jars, adding to each jar ½ tablespoon mustard seed and 1 small onion, sliced. (The onion may be mixed with the cucumber, if desired.) Tie 1 teaspoon celery seed in cloth bag, simmer 20 minutes in 1½ cups vinegar; then add enough boiling water to restore vinegar to original volume; slowly stir in ½ cup olive oil. Pour over contents of jars and seal. Yield: 2 pint jars.

CUCUMBERS WITH MUSTARD SAUCE

Peel and slice 4 quarts small cucumbers, cover with brine (¼ cup salt to 1 quart water); let stand overnight and drain. Mix 6 tablespoons mustard, 2¼ cups sugar, 1 cup flour, ½ tablespoon turmeric, ½ teaspoon curry powder, 1 teaspoon celery seed; slowly add 2 quarts vinegar and cook 20 minutes, stirring frequently. Add cucumbers and simmer ½ hour. Pack into clean hot jars and seal. Yield: 4 quart jars.

PRESERVING [PICKLES]



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EMERGENCY PICKLE

2 cups carrots, cut in strips	1 cup string beans, cut in 1-inch pieces
1 green pepper, chopped	
1 red pepper, chopped	½ teaspoon paprika
3 onions, chopped	1½ teaspoons salt
1 cup vinegar	¼ teaspoon turmeric

Combine ingredients and cook until mixture is clear and thickened. Seal in clean hot jars. Approximate yield: 2 quart jars.

UNCOOKED MIXED PICKLE

4 quarts ripe tomatoes, chopped and drained	2 onions, chopped
1 medium-sized cabbage, chopped	2 cups chopped celery
2 green peppers, chopped	4 tablespoons mustard seed
	2 cups vinegar
	4½ cups sugar

Mix thoroughly and let stand until sugar is entirely dissolved. Put in jars and seal. Approximate yield: 6 quart jars.

PICKLED MELON RINDS

Use rind of canteloupe, watermelon, citron melon or ripe cucumber; place in salted water as rinds accumulate and make into pickles when convenient. Remove outer skin from rind and cut into medium thin slices; weigh and soak overnight in weak brine (2 tablespoons salt to 1 quart water). Drain and cook rind in fresh water until tender. For each 2 pounds prepared rind use 4½ cups sugar, 2 cups water, 1 lemon, thinly sliced, 2 cups vinegar, 1 stick cinnamon, 1 teaspoon whole cloves and 1 teaspoon whole allspice. Boil together 5 minutes, add rind and cook until clear. Pack in clean hot jars, fill with syrup and seal at once. One-fourth cup preserved ginger may be cooked with rind, if desired, and removed before packing. Use 2 pounds prepared rind for 1 quart jar.

PICKLED PEACHES

Remove skins from 1 quart peaches. Boil 1 cup vinegar, 2¼ cups sugar, 1 stick (2 inches) cinnamon and ½ teaspoon whole cloves for 10 minutes; drop in peaches, a few at a time, and cook until tender. Transfer peaches to clean hot jars, fill with hot syrup and seal. Approximate yield: 1 quart jar.



WHOLE PICKLED PEARS

813

Peel 3 pounds pears, remove blossom end but leave stem on. If pears are firm, parboil 5 minutes in water to cover; drain and reserve liquid for syrup. To 1 pint liquid or water add 1 pint vinegar, $1\frac{1}{2}$ cups firmly packed brown sugar, 1 stick cinnamon, 2 blades mace, 2 pieces ginger root and 1 tablespoon whole cloves; boil 5 minutes, add pears and cook until transparent. Pack in clean hot jars, dividing spices among jars, and seal at once. Approximate yield: 3 quart jars.

PICKLED PLUMS

Use 5 pounds plums; wipe with damp cloth and prick several times with large needle. Boil $5\frac{2}{3}$ cups sugar, 1 quart vinegar and cloth bag containing 1 ounce whole cloves, 1 ounce allspice berries, 1 ounce mace and 2 ounces stick cinnamon; pour over plums and let stand overnight. Drain again, cook syrup 10 minutes, pour over plums and let stand several hours. Bring to boiling point, remove spice bag, pack in clean hot jars and seal at once. Approximate yield: 5 pint jars.

PICKLED BLUEBERRIES

Wash and pick over 1 pint blueberries; combine with 2 tablespoons molasses, 1 teaspoon vinegar and $\frac{1}{2}$ cup firmly packed brown sugar in earthen dish. Cover and let stand 3 or 4 days, or until sugar has drawn out enough juice to make mixture liquid. Yield: 1 pint jar.

HOME BRANDIED PEACHES

Select firm unblemished peaches, peel and place in layers in jar or crock. Cover each layer with sugar, filling all crevices between peaches. When jar is full, place plate inside on top of peaches, weight it, cover jar to keep out dust and let stand overnight.

Next morning peaches will have shrunk about $\frac{1}{2}$ and a quantity of syrup will be present. Add more peaches and sugar to refill jar. Repeat for a week, or until, after standing overnight, jar remains full. Cover and do not seal for 6 weeks. Keep peaches submerged in syrup at all times and put crock in pan, for syrup may run over. Do not expose to extremes of heat and cold and remove any scum which forms on surface. After 6 weeks, seal with layer of hot paraffin directly on peaches and store in cool place. Or place peaches in glass jars, fill jars with syrup and seal. Use as a relish with hot or cold meats.

SPICED CRANBERRIES

5 pounds cranberries	2½ cups water
4½ cups firmly packed brown sugar	2 tablespoons ground allspice
1½ cups vinegar	2 tablespoons ground cinnamon
1 tablespoon ground cloves	

Wash and pick over berries; put through food chopper. Place in kettle with sugar, vinegar, water and spices, bring to a boil and continue boiling, stirring frequently, until thick. Pour into clean hot jars and seal at once. Approximate yield: 5 pint jars.

SPICED GOOSEBERRIES

5 pounds gooseberries	2 tablespoons ground cinnamon
8 cups sugar	1 tablespoon ground cloves
2 cups vinegar	1 orange, grated rind and juice

Top and tail gooseberries, add remaining ingredients and let stand several hours. Bring slowly to boiling point and cook about 2 hours, or until thick, stirring frequently. Pour into clean hot jars and seal at once. Approximate yield: 5 pint jars.

SPICED ORANGE SLICES

5 pounds (12) large oranges	1 pint vinegar
8½ cups (3½ lb.) sugar	2 sticks cinnamon
1 tablespoon whole cloves	

Cut oranges in ¼-inch slices; simmer, covered, in water to cover, about ½ hour, or until tender. Boil sugar, vinegar and spices 5 minutes; add orange slices, about ½ at a time; cook, covered, about ½ hour, carefully removing slices when clear. Cover with the syrup and let stand overnight; then drain and cook syrup until thick. Add orange slices, heat to boiling, carefully transfer to clean hot jars and seal. Yield: 3½ quarts.

SPICED BLACKBERRIES

4 cups firmly packed brown sugar	1 tablespoon whole cloves
2 cups vinegar	2 sticks cinnamon
5 pounds blackberries	8 whole allspice

Dissolve sugar in vinegar; add blackberries and spices tied in a cloth bag. Boil rapidly until thick. Remove spices, pour into clean hot jars and seal. Yield: 5 pint jars.

BEET RELISH

- | | |
|--------------------------------|----------------------------|
| 2 cups chopped, peeled beets | ½ cup sugar |
| 2 cups chopped celery | 2 cups vinegar |
| 1 cup chopped onion | 2 tablespoons salt |
| 1 cup chopped sweet red pepper | 3 tablespoons mustard seed |
| 2 cups chopped cabbage | 1 tablespoon celery seed |

Mix ingredients and cook until vegetables are tender. Pour into clean hot jars and seal at once. Approximate yield: 3 quarts relish.

CABBAGE RELISH

- | | |
|---------------------------|----------------------------|
| 5 green peppers | 2 tablespoons mustard seed |
| 1 medium-sized cabbage | 1 quart vinegar |
| 1 Bermuda onion, minced | 10 whole cloves |
| 2 tablespoons brown sugar | 1 stick cinnamon |
| 2 tablespoons salt | 2 blades mace |

12 whole allspice

Halve peppers, removing core and seeds; remove outside leaves of cabbage. Chop vegetables finely and add onion, brown sugar, salt and mustard seed. Heat vinegar with the spices and simmer 8 minutes; cool, strain and pour over vegetables. This pickle will keep 6 weeks or more in a small crock. Approximate yield: 3 quarts relish.

CHERRY RELISH

- | | |
|---------------------------------|---------------------|
| 4 cups sour, red cherries | ½ cup vinegar |
| 1 cup seeded raisins | 1 teaspoon cinnamon |
| ¼ cup firmly packed brown sugar | ¼ teaspoon cloves |
| ½ cup honey | ¾ cup pecans |

Wash and pit cherries; mix with raisins, sugar, honey, vinegar and spices; bring to a boil, and simmer 1 hour, or until thick. Add nuts, turn into sterilized glass jars and seal. Yield: 4 half-pint jars.

CHILI SAUCE

- | | |
|----------------------------|----------------------------|
| 18 large tomatoes, chopped | 3 tablespoons salt |
| 6 large onions, chopped | 5 cups vinegar |
| 4 red peppers, chopped | 1 teaspoon ground cloves |
| 2 green peppers, chopped | 1 teaspoon ground cinnamon |
| ¾ cup sugar | 1 teaspoon ground allspice |

Combine ingredients and cook slowly until thick. Pour into clean hot jars and seal at once. Approximate yield: 3 quarts.

FRUIT AND TOMATO RELISH

3 pounds tart apples	1 teaspoon salt
1 pound dates	1½ tablespoons ginger
1 pound dried apricots, soaked	1 teaspoon cinnamon
4 cups vinegar	1 quart canned tomatoes
1½ pounds brown sugar	3 cups seeded raisins

Peel, core and slice apples; pit dates; cut apricots into small pieces. Cook fruits in vinegar 1 hour, or until tender; add sugar, salt, spices, tomatoes and raisins. Bring to boiling point and simmer about 45 minutes, or until thick. Turn into clean hot jars and seal at once. Approximate yield: 10 half-pint jars.

GREEN TOMATO RELISH

2 pounds chopped green tomatoes	2 teaspoons whole peppers
1 onion, chopped	1 teaspoon whole cloves
½ cup hot vinegar	1 teaspoon salt
½ cup sugar	2 tablespoons mustard seed

Mix vegetables and let stand 1 hour. Squeeze out liquid and add vinegar to which sugar and seasonings have been added. Cook 10 minutes, pour into clean hot jars and seal. Yield: 4 half-pint jars.

PEPPER RELISH

12 red peppers, chopped	2 cups vinegar
12 green peppers, chopped	1 cup firmly packed brown sugar
12 onions, chopped	2 tablespoons salt
	2 tablespoons celery seed

Drain peppers and onions, cover with boiling water and simmer 15 minutes. Drain again and add vinegar, sugar, salt and celery seed. Boil 15 minutes and pour into clean hot jars and seal at once. Approximate yield: 4 half-pint jars.

RHODE ISLAND TOMATO RELISH

1 pint (2½ lb.) ripe tomatoes	6 tablespoons sugar
½ cup chopped onions	2 teaspoons salt
1 cup chopped celery	1 tablespoon mustard seed
3 tablespoons chopped green pepper	½ cup white vinegar

Peel tomatoes and chop coarsely; drain and add other ingredients, stirring until well mixed. Turn into sterilized containers and cover tightly; let stand for at least 24 hours before serving. Yield: 1¾ pints.

CORN RELISH

1 dozen ears sweet corn	2 tablespoons salt
2 onions, chopped	¼ teaspoon pepper
2 sweet green peppers, chopped	1½ tablespoons dry mustard
1 sweet red pepper, chopped	1 cup sugar
1 cup chopped cabbage	2 cups vinegar

Cut corn from cob, but do not scrape the ear; mix with onions, peppers and cabbage, and add remaining ingredients. Cook slowly 1 hour, stirring occasionally. Turn into sterilized jars and seal at once. Canned kernel corn may be substituted for ear corn; use 6 cups drained, and proceed as for fresh corn. Yield: 5 half-pint jars.

END-OF-THE-SEASON RELISH

2 quarts green tomatoes	3 large onions
1 quart ripe tomatoes	1 peeled cucumber
½ head cabbage	½ cup salt
3 green peppers	2 cups firmly packed brown sugar
3 red peppers	3 pints mild vinegar
3 stalks celery	1 teaspoon mustard
1 teaspoon paprika	

Chop vegetables; place in kettle in layers, sprinkling each layer with salt; cover and let stand all night. Drain and press out all the liquid. To vegetables add sugar, vinegar, mustard and paprika. Cook about 1 hour, or until transparent. Pour into clean hot jars and seal. Approximate yield: 4 quarts relish.

FRUIT RELISH

3 large cooking pears	¾ cup sugar
3 large peaches or 6 canned peach halves	1½ cups vinegar
3 small onions	2 teaspoons salt
4 medium-sized tomatoes	dash of cayenne
1 green pepper	dash of cinnamon
	dash of cloves

Peel fruits and vegetables; cut pepper in half, and remove core and seeds. Put all through food chopper, using medium knife; add sugar, vinegar, salt and cayenne, and cook slowly about 2 hours, or until mixture thickens. Add spices, turn into clean hot jars and seal. Approximate yield: 3 pints relish.

TOMATO KETCHUP

4 quarts tomatoes, peeled	2 teaspoons ground mustard
3 red peppers	1 teaspoon paprika
2 medium-sized onions, cut fine	1 tablespoon whole allspice
2 tablespoons salt	1 tablespoon whole cloves
$\frac{1}{3}$ cup sugar	1 stick cinnamon
2 teaspoons celery salt	2 cups vinegar

Cook tomatoes, peppers and onions together until tender, without adding water. Press mixture through sieve and measure pulp. Add salt, sugar, celery salt, mustard, paprika and whole spices, tied in a cloth bag. Cook rapidly 1 hour, add vinegar and cook until thick, stirring to prevent burning. Long, slow cooking gives an undesirable dark color. Seal in clean hot jars. If bottles are used, insert corks and dip in hot paraffin to seal. Approximate yield: 3 quarts.

MUSHROOM KETCHUP

Use 4 quarts mushrooms, peeled and sliced, add 1 cup water and 1 bay leaf; cook until soft, then press through sieve. Add 1 cup vinegar, 1 tablespoon salt, $\frac{1}{2}$ cup sugar, $\frac{1}{4}$ teaspoon each ground cayenne, cloves and mace, and $\frac{1}{2}$ tablespoon ground cinnamon; cook about $\frac{1}{2}$ hour. Pour into clean hot jars and seal. Approximate yield: 2 quarts.

APPLE KETCHUP

Pare, core and quarter 12 tart apples, add water to cover and simmer until soft and water has almost evaporated. Rub through sieve and measure pulp. To each quart pulp add 2 cups vinegar, 2 onions, grated, 1 cup sugar, 1 tablespoon salt, 2 teaspoons cinnamon, 1 teaspoon each mustard and cloves. Bring to a boil, simmer 1 hour, pour into clean hot jars and seal at once. Approximate yield: 2 quarts.

CRANBERRY KETCHUP

Combine 4 pounds cranberries, 1 pound onions, chopped, and 2 cups water; cook until tender and rub through sieve. Add $4\frac{1}{2}$ cups sugar, 2 cups vinegar and 1 tablespoon each cloves, cinnamon, pepper, allspice and salt; boil until thick, pour into clean hot jars and seal at once. This should be somewhat thinner than tomato ketchup. Approximate yield: 3 pint jars ketchup.

ENGLISH CHUTNEY

819

3 green peppers, seeded	3 cups vinegar
1 medium-sized onion	1½ cups sugar
13 tart apples, pared	1½ tablespoons ground ginger
1½ cups seeded raisins	1½ cups tart grape jelly
1 tablespoon salt	¾ cup lemon juice
1 tablespoon grated lemon rind	

Put peppers, onion, apples and raisins through food chopper; place in large saucepan and add remaining ingredients. Simmer about 1 hour, or until quite thick. Turn into clean hot jars and seal at once. Approximate yield: 4 pint jars.

GOOSEBERRY CHUTNEY

Stem 3 quarts gooseberries; wash and drain. Combine with 3 pounds onions, chopped, 1 pound currants, 2 ounces ginger root, chopped, ¼ ounce chili pepper, chopped, 2½ cups sugar, 1 tablespoon salt and 2 quarts vinegar. Cover and simmer gently 6 or 7 hours, stirring occasionally. When thick, pour into clean hot jars and seal at once. This chutney is better if stored 1 to 2 months before using. Approximate yield: 4 pint jars.

PEACH CHUTNEY

Peel 4 quarts peaches, remove pits and cut in large pieces; add 2 quarts vinegar and cook until peaches are soft. Add an additional 1 cup vinegar, ½ cup finely chopped onion, 2 cups sugar, ¼ pound raisins, chopped, 1 ounce white mustard seed, 2 ounces powdered ginger root, 1 teaspoon salt, ¼ teaspoon paprika, 2 tablespoons grated lemon rind and 3 tablespoons lemon juice. Mix well and cook slowly until thickened. Pour into hot clean jars and seal at once. Approximate yield: 4 pint jars.

BANANA CHUTNEY

Use 1 pound chopped Spanish onions, ½ pound chopped dates, 6 riced bananas; add 1½ cups vinegar and simmer 20 minutes. Add ¼ pound crystallized ginger, chopped, 1 teaspoon each salt and curry powder, ½ pound seeded raisins and 2 cups syrup from any canned fruit. Cook until thick; turn into clean hot jars and seal. Yield: 4 pint jars.

Foreign Recipes

AMERICAN cookery has been enriched by the adoption of many dishes native to other countries. The Italians have contributed ravioli and gnocchi; the Greeks and Armenians, rice pilaff and kebabb (lamb on skewers); the Russians, borsch and sour cream dishes; the Scandinavians, fish puddings and bakkels (little cakes); the Japanese, sukiyaki; the Chinese, soybeans; the Spaniards, hot peppery salads; the Germans, sauerkraut and sauerbraten. To many people these foods are as American as roast turkey and apple pie. For the curious, foreign recipes offer pleasurable ways of introducing variety into the menu, at the same time providing instructive avenues of approach to the customs and eating habits of other countries. Besides the recipes in the following section, *many foreign recipes* are included in various sections throughout the book. See index.

YABLOUCHNI (RUSSIAN)

8 large apples	3 cups ginger ale or claret, chilled
boiling water	3 tablespoons lemon juice
$\frac{1}{8}$ teaspoon cinnamon	3 tablespoons powdered sugar
rind of $\frac{1}{2}$ lemon, cut in strips	2 tablespoons black currant jelly,
3 tablespoons dry bread crumbs	melted

Pare, core and slice apples and put in saucepan; add boiling water to cover, cinnamon, lemon rind and rolled crumbs, and simmer, covered, until apples are soft; force through fine sieve and chill thoroughly. When ready to serve, add ginger ale, lemon juice, sugar and jelly. Approximate yield: 6 portions.

ITALIAN ANTIPASTO

821

Italian antipasto may be purchased in Italian stores, ready-prepared in tins. Each tin contains an assortment of tasty tidbits. If you prefer to prepare your own, select any of the following items and arrange a small quantity of each on individual plates, or all on one large tray to be passed. For one serving, there should be four or five different items. Serve on lettuce or other salad greens, making an attractive arrangement. Olive oil and vinegar are usual accompaniments with antipasto.

fillets of anchovies	pimientos
rolled anchovies	hard-cooked eggs
hearts of artichokes (pickled)	tuna fish
ripe olives	pickled mushrooms
sardines	pickled beets and carrots
tomato slices	pickled onions

ERDAPFELKNODELN (GERMAN)

¼ cup butter	½ teaspoon salt
1 egg, slightly beaten	dash of pepper
1 cup mashed potatoes	dash of nutmeg
1 tablespoon grated Parmesan cheese	3 tablespoons milk (about)
½ cup stale bread or cracker crumbs	

Cream butter, stir in egg, potatoes, cheese and seasonings; add just enough milk to crumbs to make a paste; stir into potato mixture. Shape in small balls, cook in boiling salted water 5 minutes and serve in hot beef bouillon. Approximate yield: 1½ dozen dumplings.

GALUSKA (HUNGARIAN)

1 cup sifted flour	1 egg, well beaten
1½ teaspoons baking powder	½ cup milk
½ teaspoon salt	1 teaspoon butter, melted

Sift together dry ingredients. Combine egg, milk and butter; add gradually to flour, stirring until dough is smooth and no longer sticks to spoon. Break off pieces of dough about 1 inch long and ½ inch thick, and drop into rapidly boiling water; boil, covered, for 12 to 15 minutes. Approximate yield: 1 dozen small dumplings.



822

BORSCH (RUSSIAN)

1 pound lean beef, cubed	¼ teaspoon peppercorns
1 soup bone	½ bay leaf
1 fowl (4 pounds), cut up	1 spray of thyme
3 carrots, chopped	2 laurel leaves
3 small onions, sliced	1 sprig parsley
3 stalks celery, diced	salt and pepper
3 quarts water	2 uncooked beets, chopped
sour heavy cream, whipped	

Put beef, bone, fowl, carrots, onions, celery and water in large kettle, and bring slowly to a boil. Tie spices and herbs in a small cloth bag; add with parsley to soup mixture and simmer, covered, 2 hours. Strain and season to taste; add beets and cook 15 minutes; strain and reheat. Serve with a topping of whipped sour cream. Also serve cold; chill thoroughly. Approximate yield: 2 quarts soup.

SOUPE ESPAGNOLE

1½ cups canned tomatoes	1¾ teaspoons salt
¾ cup canned corn	⅛ teaspoon pepper
½ pound raw string beans, diced	2 cups hot water
sprig of thyme	2 cups rich veal stock
1 small bay leaf	½ teaspoon grated onion
1 tablespoon sugar	1 tablespoon chopped parsley

Add tomatoes, corn, beans and seasonings to water, and cook ½ hour, or until beans are soft; force through sieve. Add stock, onion and parsley to purée, and reheat. Approximate yield: 6 portions.

HUNGARIAN GOULASH

1 pound lean beef	1 teaspoon salt
1 pound lean veal	1 teaspoon paprika
3 tablespoons fat	1 cup strained tomatoes
1 large onion, chopped	8 small potatoes

Cut meat into cubes and sauté with onion in fat, stirring occasionally to brown evenly. Add seasonings and tomato, and simmer 1 hour, adding potatoes after ½ hour of cooking; add more tomatoes if necessary. Serve hot. Approximate yield: 6 portions.



MINESTRONE (ITALIAN)

823

1 cup dried beans (preferably white kidney)	¼ cup olive oil
1 tablespoon minced onion	½ teaspoon salt
½ clove garlic, minced	¼ teaspoon pepper
1 sprig parsley, minced	1 cup canned Italian tomatoes
1 stalk celery, minced	1 cup chopped cabbage or spinach
	1 cup cooked macaroni
grated Parmesan cheese	

Soak beans over night; drain, add 5 cups water and simmer, covered, 2 to 3 hours, or until tender, adding more water as it cooks away. Sauté onion, garlic, parsley and celery in olive oil until lightly browned; add salt, pepper, tomatoes and cabbage or spinach and bring to a boil; add with macaroni to beans, and simmer 30 minutes longer, adding more water if too thick. Sprinkle Parmesan cheese over top, and serve from tureen or in individual casseroles or soup bowls. Approximate yield: 6 portions.

BITOCHKY SMETANA (RUSSIAN)

1½ pounds veal, ground	1½ teaspoons salt
4 medium-sized potatoes, cooked and chopped	⅛ teaspoon pepper
1½ small onions, grated	1 egg, beaten
	¼ cup butter
1¼ cups sour cream	

Mix together veal, potatoes, onions, seasonings and egg; shape in round balls and fry in butter until well browned. Add ¾ cup sour cream and simmer, covered, 15 minutes; just before serving, add remaining ½ cup cream and bring to a boil. Yield: 12 balls, or 6 portions.

FAARIKAAL (SCANDINAVIAN)

2 pounds lean lamb	½ teaspoon whole peppercorns
¼ cup butter	2 cups water
1½ teaspoons salt	1 medium-sized head cabbage
¾ cup sour cream	

Cut lamb in 2-inch cubes and brown in butter; add seasonings and water, cover and simmer about 45 minutes, or until lamb is almost done, adding water if necessary. Cut cabbage in eighths and remove core; add to lamb and cook, uncovered, 15 to 20 minutes longer. Add sour cream and heat thoroughly; serve hot. Yield: 6 portions.

BOEUF EN PAPILLOTES (FRENCH)

6 slices cooked tongue	tarragon
chervil	capers
parsley	6 anchovies, mashed
shallots	6 slices bacon

Cover each slice of tongue with a mixture of finely chopped sweet herbs. The French will choose chervil, parsley, shallots, tarragon and capers. Use as many of these as you have, but be sure to add crushed anchovies. Roll each slice of tongue as you would a jelly roll with a slice of bacon on the outside. Wrap in a piece of cooking paper, folding it tightly so that the juices will not escape. Cook in hot oven (500° F.) 10 minutes; remove paper and serve at once. Approximate yield: 6 portions.

SUKIYAKI (JAPANESE)

2 cups canned bamboo sprouts	2 squares tofu (bean curd)
2 cups canned or cooked dried mushrooms	1 pound tender round steak
2 medium-sized white onions	¼ cup shoyu sauce
1 bunch green onions	½ teaspoon ajinomoto (Japanese seasonings)
½ bunch leeks	2 tablespoons sugar
2 stalks celery	¼ cup mushroom liquor
2 pounds spinach or string beans	½ cup salad oil
8-10 cups hot, cooked rice	

Slice bamboo sprouts, mushrooms and white onions very fine; cut green onions, leeks and celery diagonally into 2-inch strips, using green tops of onions and leeks; shred the spinach or string beans, and cut tofu in 1-inch cubes. Arrange separately in neat piles on large platters ready for cooking on grill; cut meat crossgrain in paper-thin slices and spread out on platter. For sauce, simmer shoyu, ajinomoto, sugar and mushroom liquor for 3 minutes.

Brown onions slightly in hissing hot fat in heavy frying pan over charcoal brazier, spirit lamp or grill, at table; add vegetables and tofu (bean curd), and cook 1 minute; then add ½ of sauce. When hot, add meat, spreading it out thin; cook over low flame 15 minutes, stirring occasionally and adding remainder of sauce as it is needed. Reduce heat and serve directly from pan on hot, boiled rice in individual bowls, or break raw egg into each bowl and serve sukiyaki over it. The Japanese prepare about ⅓ at a time. Yield: 8-10 portions.



AN INTERESTING OUTDOOR TABLE ARRANGEMENT
BY MRS. WALTER HINE

The homespun geranium, in shades of pink and red, sets the color theme for this charming outdoor table. Polished wooden goblets are used for vases and form an unusual asymmetric arrangement on a refectory table. Covers are laid along one side and sustain the gay note of alfresco informality with raffia place mats, wooden-handled cutlery and crudely fashioned pottery—an effective setting for many foreign recipes.

ALSATIAN PORK CHOPS

6 pork chops, 1 inch thick

2 teaspoons salt

$\frac{1}{8}$ teaspoon pepper

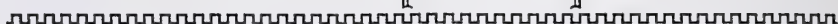
6 thin slices onion

2 cups partly cooked rice

6 slices tomatoes, $\frac{1}{2}$ inch thick

$1\frac{1}{2}$ cups tomato juice

Rub pork chops with salt and pepper; fry until golden brown on both sides. Place in roasting pan, top each with an onion slice, cover with rice and top with a slice of tomato. Pour tomato juice around chops, cover pan and bake in moderate oven (350° F.) for 40 to 45 minutes. Yield: 6 portions.



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CRÊPES DE BOEUF (FRENCH)

1 small onion, minced	1 cup sifted flour
2 tablespoons fat	1 teaspoon baking powder
1 cup finely chopped cooked beef	1 egg, beaten
½ teaspoon salt	1½ cups milk
dash of pepper	butter
	chopped parsley

Sauté onion in 1 tablespoon fat until browned, add meat, ¼ teaspoon salt and pepper, and cook 1 minute. Prepare Griddlecake batter (page 103), using flour, baking powder, remaining ¼ teaspoon salt, egg and milk, and beat in meat mixture. Cook as for large pancakes on greased hot griddle; spread with butter, sprinkle with parsley and roll tightly; serve piping hot. Approximate yield: 10 crêpes.

PERSIAN CHICKEN

Cut up 4-pound fowl and place in large kettle; add 2 quarts boiling water, 1 chopped onion, 1 tablespoon salt, 1 bay leaf, 6 peppercorns, 1 stick cinnamon and a bunch of sweet herbs, and cook, covered, 2 to 3 hours, or until tender. Drain and strain broth; remove bones from chicken and cut meat in pieces. Add 1 cup rice to broth and boil 10 minutes; add 1 cup seeded raisins, 2 tablespoons butter and chicken, cover, and cook ½ hour, or until rice is tender and broth has been absorbed, stirring occasionally to prevent burning. Serve in a hot tureen with ¼ cup blanched almonds sprinkled over top. The Persians use a little rose water as well. Approximate yield: 6 portions.

CHICKEN CASSEROLE OR CACCIATORI (ITALIAN)

2 frying chickens, 2 pounds each	1 red pepper, minced
¼ cup olive oil	2½ cups canned Italian tomatoes
2 medium-sized onions, minced	1 small can tomato paste
1 clove garlic, minced	1½ teaspoons salt
	⅛ teaspoon black pepper

Disjoint and cut chickens in pieces for frying; sauté in olive oil 15 to 20 minutes, or until golden brown, adding onions, garlic and pepper the last few minutes to brown lightly. Mix together the remaining ingredients and add to chicken mixture; cover and simmer about ½ hour, or until chicken is very tender; add additional seasoning if desired. Serve chicken on hot platter with sauce over top; or serve chicken separately with sauce over rice or spaghetti. Yield: 6 portions.

SWEDISH VEAL PAPRIKA

- | | |
|-----------------------------------|----------------------|
| 2½ pounds breast of veal | 1 teaspoon paprika |
| 1 large onion, minced | 2 cups boiling water |
| 2 tablespoons fat | 2 tablespoons flour |
| 2 teaspoons salt | ¼ cup cold water |
| ½ teaspoon pepper | ½ cup sour cream |
| 3 cups Mashed Potatoes (page 472) | |

Wipe veal and cut in 1-inch cubes. Sauté onion in fat in large heavy frying pan or Dutch oven until light yellow; add veal, and brown slightly, stirring constantly. Sprinkle with seasonings, add hot water, cover and simmer 1½ hours. Mix flour and cold water to a smooth paste; add to stock and cook 5 minutes, stirring until thickened; stir in sour cream and bring to a boil. Yield: 6 portions.

RISOTTO (ITALIAN)

- | | |
|---------------------------------------|-------------------------------------|
| 3 large onions, sliced | 6 slices bacon |
| ¼ teaspoon saffron or thyme | ½ pound calf's liver, sliced ¼ inch |
| dash of cayenne | thick, or ground beef |
| 1 teaspoon paprika | ¼ cup flour |
| 1 tablespoon chopped parsley | 1 tablespoon lemon juice |
| 1 cup wild rice | 2 thin slices lemon, |
| 2 tablespoons olive oil | shredded |
| 4 cups meat stock or 4 bouillon cubes | ½ cup water |
| and 4 cups hot water | ½ cup white wine |

Cook onions, seasonings and rice in olive oil 10 minutes over low heat, stirring constantly. Add 1 cup stock and simmer, without stirring, until almost absorbed; add remaining stock and cook to same point; place in greased casserole. Pan-broil bacon and remove from pan. Dredge liver in flour and sauté in bacon fat 10 minutes; place on rice in casserole. Add remaining flour, lemon juice, shredded lemon, water and wine to remaining bacon fat; stir until smooth and pour over rice and liver; arrange bacon on top. Bake in hot oven (425° F.) for 10 minutes. Approximate yield: 6 portions.

SALENYIA GRIBI (RUSSIAN)

Chill 1 pound sautéed whole mushroom caps, pack in a jar and add 2 cups vinegar which has been simmered 10 minutes with 4 whole cloves, 12 peppercorns, 1 tablespoon salt, and 2 tablespoons olive oil. Cover closely and let stand in a cold place 3 days. Yield: 1½ cups.

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EGG FOO YUNG (CHINESE)

½ cup minced cooked ham	1 cup bean sprouts
½ cup minced onion	¼ teaspoon salt
¼ cup sliced water chestnuts	5 eggs, well beaten

Combine ham, onion, water chestnuts (the Chinese "ling" or brown-skinned bulb of a rushlike plant), and bean sprouts; add salt and eggs, beating until thick. Drop from large spoon into frying pan covered with 1-inch layer of hot fat, and fry about 10 minutes, turning to brown both sides. Drain on absorbent paper and serve hot. Approximate yield: 6 portions.

HASSENPFEFFER (GERMAN)

1 jack rabbit, dressed	8 whole cloves
1 quart vinegar	6 bay leaves
2 large onions, sliced	¼ cup flour
1 tablespoon salt	½ cup fat
1 teaspoon pepper	1 cup hot water
1 tablespoon mustard seed	1 tablespoon sugar

Potato Dumplings (page 401)

Wash rabbit and cut in pieces for serving; if bloody, place in earthen crock, cover with cold water and let stand for 3 hours. Drain, cover meat with marinade of vinegar, onion and seasonings, and let stand in cold place 3 days, turning meat several times each day. Remove meat, dry thoroughly and dredge with flour; sauté in fat until well browned. Strain vinegar mixture, dilute with hot water, add sugar, and pour over rabbit meat; bring to a boil, cover and simmer about 1 hour, or until meat is tender. Remove rabbit meat to hot serving dish; strain vinegar gravy and thicken, if necessary, with paste of additional flour and water. Pour gravy over meat and serve with potato dumplings. Approximate yield: 6 to 8 portions.

CHICKEN À LA VIENNESE

Split 2 small roasting chickens and cut each piece in half. Marinate several hours in mixture of ¼ cup each French dressing and grape juice; drain and roll in seasoned flour. Fry in hot deep fat (350°-365° F.) about 10 minutes, or until browned, turning frequently. Transfer to baking pan, brush with bacon fat, cover and bake in moderate oven (350° F.) about ½ hour. Serve on crisp watercress with tartar sauce; sauce may be served in cups made from lemon halves or in small lettuce leaves. Approximate yield: 8 portions.

DUCK AND PINEAPPLE CANTON (CHINESE)

1 (4-lb.) duck	¼ cup cooking oil
¼ cup shoyu sauce	2 cups water
1 tablespoon sugar	1 cup syrup from canned pineapple
½ teaspoon salt	2 tablespoons cornstarch
1 ground ginger root	¼ cup water
1 clove garlic	2 cups diced pineapple

Wash duck and cut in pieces for stewing; dip in mixture of shoyu sauce, sugar, salt and ginger root and add with garlic to oil in heavy frying pan. Sauté 15 minutes, or until well browned; add water and pineapple juice, and simmer, covered, 1 hour, or until tender. Remove duck to hot platter and keep hot. Mix cornstarch and water to a paste, stir into hot liquid in pan and cook 10 minutes, stirring until thickened; add pineapple and cook 5 minutes longer. Turn sauce over duck and serve at once. Approximate yield: 6 portions.

NORWEGIAN FISH PUDDING

2 pounds fish, trout or haddock	2 eggs
2 teaspoons salt	⅓ cup butter
⅛ teaspoon pepper	½ cup cream (about)
dash of nutmeg or mace	2 cups Cream Caper Sauce (page 378)
2 tablespoons flour	or Shrimp Sauce (page 377)

Rub fish through colander, or grind five times; stir in seasonings and flour. Beat in thoroughly 1 egg at a time; then the softened butter. Add cream gradually, beating until fluffy and light. Turn into greased fancy mold, set in pan of hot water and bake in moderate oven (350° F.) about ½ hour, or until firm in center. Slice and serve with Caper or Shrimp Sauce. Approximate yield: 6 to 8 portions.

SWEDISH PANCAKES

2 cups sifted flour	1 tablespoon sugar
½ teaspoon salt	3 eggs, well beaten
	4 cups milk

Mix and sift dry ingredients. Combine eggs and milk; add flour mixture, beating until smooth. Bake quickly in greased hot frying pan, cooking one large cake at a time, or in a special griddle (plett), containing several small cake molds. Spread with jam and pile one upon another; reheat, dust with powdered sugar and cut large stacks in wedge-shaped pieces. Approximate yield: 1½ dozen large or 2½ dozen small cakes.

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DULCE COCADA (MEXICAN)

1 large coconut	1 cup sugar
4 eggs, well beaten	½ cup cream
1 cup coconut milk	

Remove shell and brown skin from coconut, reserving milk; grate the white meat. Combine eggs, sugar and cream; stir into coconut meat. Add the coconut milk and turn into greased baking dish. Bake in a moderately slow oven (325° F.) 30 to 45 minutes, or until set. Chill before serving. Approximate yield: 6 portions.

HAWAIIAN PAPAYA FREEZE

1 cup sugar	1½ cups orange juice
½ tablespoon lemon juice	1 cup papaya pulp
2 cups rich milk	

Mix sugar, fruit juices and papaya pulp, and chill thoroughly; gradually stir into milk and freeze (page 712) in an ice cream freezer. If papaya is out of season use one cup papaya marmalade and omit sugar. Approximate yield: 1½ quarts.

FATTIGMAND (SCANDINAVIAN)

6 egg yolks	1 tablespoon konjakk (brandy)
⅓ cup sugar	⅓ cup heavy cream, whipped
⅛ teaspoon cinnamon	3 egg whites, stiffly beaten
¼ teaspoon crushed cardamom seeds	3 cups sifted flour (about)
¼ teaspoon grated lemon rind	powdered sugar

Beat egg yolks until thick and lemon-colored. Combine sugar, cinnamon, and cardamom seeds; gradually add to egg yolks, beating until very light. Add lemon rind and brandy; fold in cream and egg whites. Gradually stir in flour until dough is just stiff enough to handle; chill thoroughly. Place about ⅓ of dough at a time on lightly floured board and roll very thin. Cut in diamond-shaped pieces with cutting wheel or knife by cutting in two-inch strips lengthwise, then crosswise on a slant. Cut a slit one inch long in each piece at one end and slip point through. Fry in hot, deep fat (365° F.) about 1 minute, or until delicately browned, turning them once; drain on unglazed paper. When ready to serve, dust with powdered sugar. Yield: 100 cookies. These cakes will keep fresh and crisp for several weeks if stored, covered, in dry place.

SALZBURGER NÖCKELN (AUSTRIAN)

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Use recipe for Fluffy Omelet (page 86); omit milk and pepper, and reduce salt to $\frac{1}{8}$ teaspoon; add $\frac{1}{4}$ cup sugar and $\frac{1}{4}$ teaspoon vanilla, beating these into egg yolks. Drop by heaping tablespoons on buttered, hot frying pan. The pan should be hot enough to brown soufflé in $1\frac{1}{2}$ minutes. Turn over to brown the other side, reducing heat slightly; it should take about $3\frac{1}{2}$ minutes to finish cooking; they are like uncooked meringues in the center. Serve at once on warm dish and sprinkle generously with powdered sugar; they fall slightly and must be eaten immediately. If cooked longer over low heat, they are more like an omelet. Approximate yield: 16 cakes.

APFEL STRUDEL (GERMAN)

3 $\frac{1}{4}$ cups sifted flour	6 cups sliced apples
dash of salt	$\frac{1}{2}$ cup chopped raisins or currants
2 tablespoons shortening	$\frac{1}{2}$ cup sugar
2 eggs, beaten	$\frac{1}{2}$ teaspoon cinnamon
3 tablespoons sour cream	2 tablespoons bread crumbs
lukewarm water	2 tablespoons lemon juice
2 tablespoons butter, melted	1 egg yolk, beaten

Mix flour, salt and shortening; add combined eggs and 2 tablespoons sour cream, and enough water to make a soft but firm dough. Knead for 15 to 20 minutes, or until dough is elastic and shows bubbles on surface. Cover and set in warm place for 30 minutes. Put a clean cloth over a large table, sprinkle with additional flour and place dough in center. Roll dough, lift, pull and stretch carefully until it is thin as paper. Trim edges; brush with butter and sprinkle filling of apples, raisins, sugar, cinnamon, bread crumbs and lemon juice, over surface to within $1\frac{1}{2}$ inches of one end; fold this short edge over filling and roll up into a long thin roll. Place carefully on a well-greased baking sheet, twisting to fit pan. Brush with egg yolk mixed with remaining 1 tablespoon sour cream and bake in hot oven (400° F.) for 20 to 25 minutes, or until golden brown. Sprinkle with additional sugar, cut in thick slices and serve hot. Apricots and peaches may be substituted for apple. Approximate yield: 1 large strudel.

MOCK CHEESE BLINTZES (JEWISH)

Spread cream cheese between 2 salted crackers; dip in mixture of beaten egg and milk and sauté in butter. Dot with currant jelly and serve hot as a dessert or tea cake.

COLOMBOS (ITALIAN)

1 cup sifted flour	¼ cup sugar
1 teaspoon baking powder	1 egg yolk
dash of salt	2 tablespoons milk (about)
¼ cup shortening	caraway seeds or currants

Mix and sift flour, baking powder and salt. Beat together shortening, sugar and egg yolk; stir in flour, then just enough milk to form a stiff dough. Knead well and chill; roll ⅛ inch thick, cut with bird cookie cutter and place on ungreased baking sheet. Mark eyes with caraway seeds or currants. Bake in moderately hot oven (375° F.) about 12 minutes. Approximate yield: 1½ dozen cookies.

MANDELKRANSER (SCANDINAVIAN)

1½ cups butter	1 cup finely chopped, blanched almonds
4 cups sifted flour	
2 eggs	¾ cup sugar
	1 teaspoon vanilla

Cut butter into flour until well mixed; stir in almonds. Beat eggs until light; gradually beat in sugar, and add vanilla. Gradually stir in flour-butter mixture; chill. Force through cookie press, using plate with star-shaped die; cut in three-inch lengths and bring ends together to form rings. Place on ungreased baking sheet and bake in moderately hot oven (365°–400° F.) for 8 to 10 minutes. Approximate yield: 7 dozen cookies.

SANDBAKKELS (NORWEGIAN)

1 cup butter	2 egg yolks or 1 egg
1 cup sugar	½ teaspoon vanilla
	2½ cups sifted flour

Cream butter until soft; beat in sugar, egg yolks and vanilla. Gradually stir in flour, then work dough until well mixed. Pat into sandbakkels pans or small fancy cake pans, allowing about one tablespoon dough for each pan; dip fingers in flour if dough has a tendency to stick to them. The layer of dough should be very thin. Bake in moderate oven (350° F.) for 15 to 20 minutes, or until evenly browned. Cool. Slip from pans. Serve inverted as individual cakes, or fill with ice cream, or a mixture of whipped cream and fresh fruit. Finely chopped, blanched almonds or other nuts are sometimes added to dough. Approximate yield: 2½ dozen cakes.

VIENNA EGG COOKIES

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4 cups sifted flour (about)	1 tablespoon grated lemon rind
1 teaspoon cinnamon	1 tablespoon brandy
¼ teaspoon nutmeg	1 tablespoon finely crushed blanched almonds
2 cups shortening	
2½ cups sugar	1 egg white
10 hard-cooked egg yolks	1 teaspoon water
2 eggs	54 whole almonds, blanched

Mix and sift 3½ cups flour and spices. Cream shortening until soft; gradually add 2½ cups sugar, creaming until very fluffy. Force hard-cooked egg yolks through a fine sieve; add to shortening-sugar mixture. Beat in eggs, lemon rind, brandy and finely crushed almonds. Stir in flour mixture, then remaining flour, until dough is stiff enough to handle. Place on lightly floured board and roll ⅛ inch thick; cut with various shaped cookie cutters and place on ungreased baking sheet. Bake in moderately hot oven (375° F.) about 12 minutes; then remove from oven, brush tops with egg white and water beaten together until frothy and sprinkle with remaining sugar. Insert a half almond in center of each. Return to oven until cookies are well glazed. Approximate yield: 9 dozen cookies.

BOHEMIAN CHRISTMAS COOKIES

1 cup butter	4 cups sifted flour (about)
¾ cup powdered sugar (about)	2 tablespoons water
6 egg yolks	1 cup confectioners' sugar (about)
3 tablespoons cream	1 cup chopped blanched almonds

Cream together butter and ¾ cup powdered sugar; beat in 4 egg yolks and cream. Gradually stir in flour until dough is just stiff enough to roll; chill. Sprinkle board lightly with mixture of flour and powdered sugar combined in equal parts; place dough on this and roll ¼ inch thick. Cut with star-shaped cutter, place on ungreased baking sheet and bake in moderate oven (350°–375° F.) for 15 to 20 minutes. When cold, spread with icing made by beating together the 2 remaining egg yolks and water, and adding confectioners' sugar to thicken mixture. Sprinkle almonds thickly over iced cookies. Approximate yield: 4 to 5 dozen small cookies.

Wines, Cocktails and Liqueurs

WINE has been traditionally linked with food for many centuries. It has added immeasurably to the enjoyment of good food just as discriminating dining has encouraged the selection of great wines.

Wines are either dry or sweet, with gradations between, but the term "dry" does not mean sour. Dry means the opposite of sweet without meaning sour. The majority of wines are called *still* wines to differentiate them from the sparkling or effervescent-type wines. A wine is said to be "fortified" when it is strengthened by the addition of distilled spirits, usually brandy.

FRENCH WINES

BORDEAUX WINES. The Bordeaux area, from which come many red and white wines, is divided into several districts. The Médoc division produces most of the great clarets. Claret (from the French "clairet" meaning "of light color") is an English term applied loosely to all red Bordeaux wines. The Graves district is famous for its white wines and a few very fine red wines. Sauternes is the area noted for its splendid sweet white dessert wines. Two smaller districts, Saint-Émilion and Pomerol, are renowned for their clarets.

The wines produced in different communes or townships within these districts may vary in quality depending upon the climate,

drainage, exposure to sun and wind and, of course, the vineyard 835
or château from which a specific wine comes.

In 1855 the sixty finest Médoc vineyards were selected and their wines classified by order of merit. Twenty-one Sauternes vineyards were also classified at the same time. These lists are available to any one wanting to know the fine wines by the Château names.

The clarets of the Graves have more body but not the delicacy of those of the Médoc. The clarets of the St. Émilion and Pomerol are the fullest bodied of all.

White Graves, for the most part, are dry in comparison with other white Bordeaux wines, such as Sauternes. They are slightly flinty in flavor, make excellent table wines and are admirable with fish. Sauternes are widely imitated. True Sauternes are medium sweet or sweet and are generally considered dessert wines. Château d'Yquem is the most famous of the Sauternes. Barsacs are medium-sweet white wines often used interchangeably with medium-sweet Sauternes.

Burgundy. The Burgundy wine region is really three separate districts. The most famous, known as the "True Burgundy," is the Côte d'Or (Golden Slope). South of the Côte d'Or is the district of the Maconnais and Beaujolais, producing light red and white wines, while half-way between the Côte d'Or and Paris is the village of Chablis which gives its name to the wine produced from the grapes which grow on a thousand acres surrounding it. The Côte d'Or is divided into sections, the Côte de Nuits to the North, from which come superb, full bodied, full flavored red Burgundies, and the Côte de Beaune, stretching southward, yielding light, more delicate red wines and the great white Burgundies, of which Le Montrachet is the outstanding. Some of the great red wines are Romanée-Conti, Romanée-St. Vivant, Chambertin, Clos de Vougeot from the Côte de Nuits, Le Corton, Beaune-Greves and Pommard-Rugiens from the Côte de Beaune.

836 *Sparkling Burgundy.* A sparkling wine which has always enjoyed much favor in America, it is usually made in the same manner as champagne. Although white and pink (C  il de Perdrix) Sparkling Burgundy is produced, it is the deep red variety that is most popular. Sparkling Burgundy is generally somewhat sweeter than Champagne.

Chablis. Chablis comes from the district of Chablis. It is a dry, pale golden wine somewhat flinty in flavor, and makes excellent table wine; it is often served with oysters and shellfish.

Champagne. Champagne comes from a delimited area (fixed by law) in the Department of the Marne. It is generally sparkling, light or pale amber in color and is a blend of grapes from different vineyards. Each Champagne House has its secret blending formula so that the quality and grade of Champagne may vary with each House. A dry or extra-dry Champagne is usually served with fish or throughout a meal. Medium-sweet or sweet Champagne, the latter sometimes labelled "demi-sec," is considered an excellent dessert wine. Since the added sweetening makes it possible to mask inferior wine, it is important to be able to identify as reliable and authentic, the House that makes the Champagne; the date is considered less important as a guide to quality. The characteristic sparkle is the result of the secondary fermentation which takes place in the tightly covered bottle and which cannot escape until the bottle is opened.

Alsace. On the French side of the Rhine, in the ancient province of Alsace, lie the vineyards which produce light, fresh, tangy wines with a flower-like bouquet known as Alsatian or French Rhine wines. Instead of place names customary in other wine regions, the wines take their names from the grape variety which produces them. Best-known Alsatian wines are Riesling, dry, fresh; Gewuerz Traminer, less dry, more flowery bouquet; Sylvaner, medium dry, soft. One of their most charming qualities is freshness and fruit, most pronounced when the wine is young.

Other well-known French wines include the fine red and white wines of the Côtes du Rhone, including Côte Rotie, red; Hermitage, red and white; Châteauneuf-du-Pape, red; and Tavel, a light, fresh pink-rose-colored wine. In the valley of the Loire and in the midst of the famous Château country much red and white wine is made. The best are the rather sweet white petillante (creamy or crackling) wines of Anjou and Saumur. They also use the champagne method for producing a pleasant sparkling wine called Sparkling Vouvray. 837

GERMAN WINES

THE German wine regions of fame are the valleys of the Rhine and Moselle rivers. Although some minor red wines are produced, it is for her distinguished white wines that the country is known. The principal difference between Moselle and Rhine wines is body. Moselle wines are light, fresh, dry wines with a sparkling tang and flowery bouquet. Rhine wines have more body, are usually softer and when made from specially selected or late picked grapes can be quite sweet. Famous Moselle wines are Piesporter, Zeltinger and Bernkasteler, the district in which lies the renowned Bernkasteler Doktor vineyard. Rhine wines of repute come from Rudesheim, Johannisberg, Nierstein, Oppenheim, Forst and Deidesheim. Liebfraumilch is a generic name applied to a blend of Rheinhessen wines.

ITALIAN WINES

ITALY is a country that is liberally laced with vineyards. Some of the wines take their names from the variety of grape from which they come, others from the district. They may be considered authentic if the label bears the "national export label" prescribed by the government. This is evidence of purity and authenticity, but not necessarily of quality.

Some of the finest Italian wines come from the Piedmont area of which Barolo and Barbera are famous red wines. Within

838 the district of Tuscany in an area called Chianti are a few of the most famous of Italian wines. Chianti is usually exported in native straw-covered flasks or *fiascos*. Orvieto, a dry or slightly sweet wine also bottled in straw-covered flasks, is native to Umbria. Asti Spumante is the best known sparkling wine of Italy. It has a pleasant muscat flavor and is on the sweet side. Sicily is noted for certain sweet wines, including Albanello, a heavy, sweet white wine which may also be dry, Malvasia, a sweet, deep golden wine, and Marsala, usually sweet and rather heavy. The dry Italian wines, red or white, do good service as table wines; the sweet wines are favored for dessert.

Vermouth. As an *apéritif* and ingredient of cocktails, both Italian and French vermouths are widely used. It is a white wine, blended, fortified and aromatized by the addition of various herbs and spices such as cardamom, camomile, bitter orange peels and certain flowers. Italian vermouth is generally sweeter and slightly darker than French vermouth.

WINES OF SPAIN

MENTION of Spain brings to mind sherry and Malaga before all other Spanish wines. There are, however, a few excellent red and white wines such as Rioja and Valdepeñas. It is a little difficult to judge the quality of wines from the label; the date is usually omitted. But by trying a number of them, one may be pleasantly surprised in a selection of palatable and comparatively inexpensive Spanish table wines. Of the sweet dessert wines, Malaga, Muscatel and Malvasia are well-known.

Sherry. Sherry owes its character to the white, chalky soil on which the grapes are grown in the district around Jerez de la Frontera. Sherry is a fortified wine made from wines blended with painstaking care and aged in the cask. The term "solera" sometimes found on the bottles is a part indication of the aged-

in-the-wood quality of the sherry. Some sherries are dry, others sweet and they are usually classed accordingly. 839

“Fino” sherry is pale, very dry and delicate. “Vino de Pasto” is also pale and dry. Amontillado is a pale, dry, or medium-sweet sherry possessing a delicate bouquet. “Oloroso” or “Amoroso” is a sweet sherry. The golden or brown sherries, sometimes sold as “Solera,” are sweet and somewhat heavy and make very fine dessert wines.

PORTUGUESE WINES

PORT. From a specified area in Portugal, the Alto Douro region, comes the only true authentic port in the world.

Tawny Port is a blend of wines aged in the wood. The descriptive name, tawny, comes from the characteristic tawny or bronze coloring it acquires during the aging. *Ruby Port* is generally a blend of tawny Port with fresh, young wines. Port is distinctly an after-dinner wine, served, in the best tradition, with cheese or nuts. *Vintage Port* is unblended wine of a superior year allowed to age in the bottle for upwards of 15 years. It develops a heavy crust during this period.

Madeira. Madeira wine ranges from dry to sweet and from pale amber to red brown. From the *Sercial* grape comes most of the dry Madeira while the sweet variety is made from the *Bual*, *Malvasia* and *Verdelho* grapes. The sweet, deep-colored wines are excellent afternoon or dessert wines, whereas the dry Madeiras are the perfect accompaniment to a soup such as turtle.

DOMESTIC WINES

THE wines of the United States are divided into two groups, California wines and American wines. American wines are those produced east of the Rocky Mountains, principally from our own native grape varieties. The state of California produces the largest quantity of wines in America. It is followed by New York state. Some authorities believe that for all-round table wines, California

840 produces, consistently, the best of the red wines. For the most part, the finest white wines come from the Finger Lakes district in New York state. Judged on their own merits, as red, white, sweet or sparkling wines, America produces, on the whole, very creditable wine for general table use.

VINTAGE YEARS

UNUSUALLY fine wine-producing years are called vintage years. Among the most recent vintage years are the following:

Red Bordeaux (claret)—1923, '24, '26, '28, '29, '34 and '37.

White Bordeaux—1924, '26, '28, '29, '33, '34 and '37.

Burgundy (red and white)—1923, '26, '28, '29, '33, '34 and '37.

Champagne—1926, '28, '29, '33 and '34.

Alsatian—1928, '30, '34 and '37.

Rhine and Moselle—1929, '31, '33, '34, '35 and '37.

LIQUEURS

LIQUEURS are sweet, aromatized and sometimes perfumed alcoholic beverages, often referred to as cordials. They are used with coffee following dessert and in the cooking of many dishes. Among the more famous liqueurs are: Chartreuse and Bénédictine—liqueurs originally made in the famous French monasteries after which they are named; curaçao, manufactured largely in Holland from a variety of orange grown in the Dutch West Indies; annisette which takes its name from annis seed, one of the principal ingredients; kirsch, from the German word for cherries from which it is made; kümmel, consumed widely in Germany and made from various herbs including caraway; strega, an orange-flavored liqueur from Italy; Cointreau and Grand Marnier, both made from orange and Cognac brandy; Crème de menthe from mint and Cognac brandy; and many fruit liqueurs including crème de cassis from French black currants, and apricot and peach brandies.



HOW TO KEEP WINES

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THE ideal storage place for wines is a dark, dry cellar, free from vibration and maintained at a temperature of about 55 degrees F. The shelves in which the wine is kept should be far removed from water or heating pipes of any kind. All wines should be placed on their sides, to keep the corks moist and prevent the entrance of air. They should never be moved until ready for use, and then disturbed as little as possible. Spirits and liqueurs may be kept standing upright.

Decanting. Very old wine, or red wine that has thrown a sediment, may require decanting. It should be allowed to stand upright an hour or two before decanting. Then hold a light behind the neck of the bottle and pour, gently and steadily, into the absolutely clean glass decanter. Stop pouring when sediment appears in the neck of the bottle.

WINE TEMPERATURES

MOST fine white wines are served slightly chilled—usually 30 minutes in a refrigerator. Sweet white wines may be iced by placing them for 3 hours in the refrigerator, or by surrounding the bottle with a few chunks of ice in a bucket, for about 40 minutes. Red wines are usually served at room temperature, which necessitates bringing the wine up from the cellar about 2 hours before serving. Dry Champagne is served iced by standing the bottle 2 hours in the refrigerator or for ½ hour in an ice bucket; and sweet Champagne is served thoroughly iced, which means 3 hours in the refrigerator or 40 minutes in an ice bucket. Sweet sherry, port, sweet Madeira and Muscatel, as well as many other sweet and fortified wines, are usually served at room temperature. Dry sherry may be slightly chilled.

WINE GLASSES

MOST wine lovers agree that a plain, clear crystal wine glass, of generous proportions (at least 5 ounces), tulip-shaped and set on



842 a slender stem, is the ideal glass for true wine appreciation. The glass is filled one-half, or, at the most, two-thirds full, so that the wine may be swirled about gently in the glass to savor the bouquet. German wine glasses are often cut and the stems of Rhine wine glasses are sometimes colored or opaque. Port and sherry are generally served in slightly smaller glasses than the average wine glass. Many consider the tall, tulip-shaped glass best for Champagne, although the plain or saucer glasses are commonly used. Hollow-stemmed ware is difficult to wash. Liqueurs or cordials are usually served in 1-oz. liqueur glasses; Cognac brandy may be served in small, or 1½-oz. liqueur or pony glasses, and very fine old brandy, in 18-oz. brandy inhalers.

SUITING THE WINE TO THE MEAL

A WINE that falls into the table wine class, such as a good, but not superior, dry, white Moselle, Graves, Chablis, claret, red Rhone, or red Italian wine, makes no pretensions to claiming position or place in a meal. It is served throughout family or informal meals, very much as *vin ordinaire* is consumed in France. At meals where there is some attempt at formal service, these general rules apply: a white wine is served with fish and a red wine with meat. Sweet wines are served with dessert or at the end of a meal. Dry Champagne is more versatile and may be served throughout a meal. If several wines are to be included in the menu (rarely more than three are ever served) less superior and light wines are served first, leading up to a very fine red wine with roast or game. Sweet wines are served with dessert and never before a dry wine.

Compatibility of Wine with Food. There are certain foods with which wine is not congenial. The fine flavor is lost with sharp-flavored or very sweet jelly, condiments, including sweet and sour pickles, anchovies, many pickled and smoked fish and cider or malt vinegar. With salad, a red wine vinegar is preferred, when wine is served with that course.

TABLE XIX
WHEN AND HOW TO SERVE WINE

WINE	COLOR AND FLAVOR	FOOD SERVICE	TEMPERATURE
Vermouth	French: pale yellow, dry, aromatic Italian: amber, bitter-sweet, aromatic	As an appetizer and in cocktails	Cold
Sherry	Amber to delicate brown Dry, or sweet, nutty, aromatic	Dry: as an appetizer; with clear soups Sweet: with dessert	Dry: slightly chilled Sweet: at room temperature
Madeira	Amber to reddish brown Slightly sweet or sweet	Dry: with clear soups Sweet: with desserts	At room temperature
Sauternes and Barsac (white Bordeaux)	Pale to golden Slightly sweet or sweet	With dessert or fruit	Medium - sweet: cold Sweet: very cold
Chablis and White Burgundy	Pale yellow Dry; Chablis is flinty	With oysters or fish; through a meal	Cold
Graves (white) (white Bordeaux)	Pale yellow or pale golden	With oysters or fish; through a meal	Cold
Rhine and Moselle	Usually pale golden or pale yellow. Dry or slightly sweet	With fish or light meats; through a meal	Slightly chilled
Claret (red Bordeaux)	Usually ruby, light and fine bouquet	With roast (red meats); with entrée (not fish); with chicken, etc. (not strong game); with cold meats or salad; through a meal	At room temperature
Chianti (red)	Usually ruby, light and somewhat similar to claret. White, known as Chianti Bianco	Same as claret. White Chianti often served with fish or through a meal	Red: at room temperature White: slightly chilled
Red Burgundy	Dark red, full-bodied, rich bouquet	With roast, entrée and dark-fleshed game	At room temperature

WHEN AND HOW TO SERVE WINE

WINE	COLOR AND FLAVOR	FOOD SERVICE	TEMPERATURE
Champagne	Pale to amber. Dry, slightly sweet or sweet	Dry: with fish or through dinner Sweet: with des- sert	Dry: chilled or iced Sweet: thor- oughly iced
Port	Ruby to tawny. Sweet, full flavored and rather heavy	After dessert, with cheese	At room tem- perature
Muscatel, Marsala and Malaga	Mostly amber. Sweet, varying in de- grees of sweetness	With dessert	At room tem- perature
Liqueurs and Brandy	Color varies with the type; brandy, amber. Rich, sweet and syr- upy	After dessert with coffee	At room tem- perature

WINE IN COOKING

BROADLY speaking, white wines are used with white meats and red wines with red meats. Dry sherry or dry Madeira is used with fish, in some soups and sauces. Sweet wines and liqueurs are used in desserts and with many fruits. Highly seasoned foods that normally require a mild white wine may very well need a stronger red wine to complement the strong flavor of the food.

In addition to its effect on the flavor of foods, wine helps to tenderize meats when the meat is allowed to marinate in the wine; this practice is of advantage in cooking many of the less tender cuts of meat. Since the delicate flavor of wine is easily lost in cooking, wine-flavored foods should never boil. In many recipes the wine is added last and the food reheated to boiling point, then served at once. If vinegar is called for, wine or tarragon vinegar is preferred to malt or cider when wine is one of the ingredients. For the most part, any good domestic wine may be used in cooking.

COCKTAIL ACCOMPANIMENTS

WHEN the cocktail is served as an appetizer before a meal, accompaniments should be simple things like biscuits, wafers or savory snacks. These should be diminutive in size to do no more than whet the appetite. Tiny canapés or simple hors d'œuvres are often served with cocktails and take the place of a first course (melon or oysters) at the table. In place of cocktails before a meal, many people prefer an apéritif such as vermouth, dry sherry, Byrrh or Dubonnet, the two last being light, aromatized wines. With these, a plain or slightly sweet biscuit is preferred to a salty or sweet biscuit. Tiny grilled cocktail sausages are relished by some with sherry or vermouth.

MIXING COCKTAILS

MOST of the following recipes for cocktails are proportioned for one. Amounts may be increased proportionately. Most cocktails are served in 2½-, 4- or 5-oz. glasses. The Old-Fashioned cocktail is traditionally served in a broad, almost straight tumbler; highballs, in 8- or 10-oz., and rickeys in 10-, 12- or 14-oz. glasses.

Measuring terms vary in different localities. In this cook book, a "dash" means 3 drops; a "pony," 1 fluid ounce or about 2 tablespoons; a "jigger," 1½ to 2 fluid ounces or about 3 to 4 tablespoons; a "split," ½ pint or 1 cup; a "twist" or "curl" of lemon peel, a thin slice of outer rind cut with a curved knife. The term "part" is equivalent to a measure which may mean more or less than a jigger depending upon individual taste. A silver or glass cocktail shaker or a large tumbler is ideal for shaking or mixing drinks. There is no inflexible rule about mixing drinks; some are stirred, some shaken. Usually, cocktails containing wine as a principal ingredient are stirred, but there are exceptions to the rule. Use a glass rod or silver spoon for stirring. Cocktails should not stand for long in a metal container, since the mixture tends to take on a slightly metallic flavor.

GIN COCKTAILS

Stir with cracked ice, strain and serve in cocktail glass.

Martini—One part French vermouth, 3 parts dry gin; garnish with an olive and add a dash of orange bitters.

Bronx—Muddle a quarter of an orange in a glass, add 3 parts gin to 1½ parts French and 1½ parts Italian Vermouth. Shake well.

Alexander—Two parts gin, 1 part crème de cacao and 1 part cream. Stir or shake. Cognac may be substituted for gin.

Orange Blossom—One-half orange juice and ½ gin. Shake.

Grapefruit Cocktail—One part grapefruit juice, 1 part dry gin and 1 teaspoon powdered sugar. Shake.

WHISKEY COCKTAILS

Stir with cracked ice, strain and serve in cocktail glass.

Manhattan (dry)—One fourth French and one fourth Italian Vermouth, one half rye and a dash of bitters. For **Old Manhattan**, substitute Italian for French Vermouth, and add a maraschino cherry.

Whiskey Sour—One part lemon juice, 2 parts rye and 1 teaspoon powdered sugar. Shake.

OLD-FASHIONED

½ lump sugar

2 dashes bitters

1 teaspoon water

1½ ounces rye whiskey

lump of ice

slice of pineapple

slice of orange

maraschino cherry

Put sugar in 6-oz. or Old-Fashioned glass, add bitters and water, and crush or muddle to dissolve sugar; add whiskey, ice and fruit as desired; stir with glass rod.

RUM COCKTAILS

Shake with cracked ice, strain and serve in cocktail glass.

Bacardi—One part lemon or lime juice, 1 part grenadine and 2 parts Bacardi rum.

Daiquiri—One part lemon or lime juice, 3 parts Cuban rum and 1 teaspoon powdered sugar.

Planter's Punch—One part lime juice, 3 parts Jamaica rum, 2 teaspoons powdered sugar and dash of bitters. Strain into a tall glass half filled with cracked ice, garnish with maraschino cherry, a sliver of pineapple, a slice of orange and a sprig of mint. Serve with a straw.



MISCELLANEOUS COCKTAILS

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Stir or shake with cracked ice, strain and serve in cocktail glass.

Dubonnet Cocktail—One part Dubonnet, 1 part dry gin and twist of lemon peel. Add more gin if desired very dry.

Coq Rouge—One part lemon or lime juice, 1 part cointreau, 1 part gin and 2 parts rum.

Applejack Special—One part applejack, 1 part grapefruit juice and dash of grenadine.

Frosted Mint Cocktail—One part French vermouth, 1 part crème de menthe, 1 part gin, powdered sugar and sprig of fresh mint for garnish. Serve in glass frosted with sugar (page 176).

MINT JULEP

sprigs of mint	ice
½ teaspoon powdered sugar	Bourbon whiskey
	cracked ice

Put 2 sprigs of mint in tall glass or pewter tankard, add sugar and crush gently with spoon or swizzle stick. Put in 2 lumps of ice and cover with Bourbon; fill glass with cracked ice and chill several hours to frost glass. Top with mint.

CHAMPAGNE COCKTAIL

1 cube of ice	Champagne
1 cube of sugar	twist of lemon peel
dash of bitters	

Put cube of sugar, which has soaked up a dash of bitters, and the cube of ice in a 5½ or 6 oz. saucer champagne glass. Fill glass three-quarters full with very cold Champagne, twist lemon peel over cocktail and drop in.

GIN RICKEY

Put cube of ice in medium-sized glass, add juice of ½ lemon or one lime and 1 jigger of gin, and fill glass with carbonated water. Stir and garnish with sprig of mint, if desired. Bourbon, rum, rye or Scotch may be substituted for gin.

TOM COLLINS

Put 1 tablespoon sugar and juice of 1 lemon or 2 limes in tall glass; add gin and fill one-third with cracked ice; stir and add carbonated water.

TOM AND JERRY

6 egg whites	1 cup brandy
6 egg yolks	½ teaspoon cinnamon
8 tablespoons sugar	½ teaspoon nutmeg
1 cup Jamaica rum	3 cups boiling water

Beat egg whites, then beat egg yolks with sugar. Add whites to yolks and fold until blended. Add rum and brandy. Add to this cinnamon and nutmeg. Stir into this gradually 3 cups boiling water. Serve in earthenware mugs with a dash of nutmeg. Yield: 6 portions.

PORT WINE FLIP

1 egg	1 glass (4 oz.) port wine
1 teaspoon powdered sugar	1 lump ice

nutmeg

Put egg, sugar, wine and ice in shaker; cover and shake well; strain into 5- or 6-oz. glass; sprinkle with nutmeg and serve. Sherry, blackberry or cherry cordial may be substituted for port wine.

HOT WHISKEY TODDY

1 lump sugar	1 twist lemon peel
1 teaspoon hot water	2 whole cloves
1 stick. (½ in.) cinnamon	1½ ounces rye whiskey

hot water

Dissolve sugar in hot water; add cinnamon, lemon peel and cloves, and muddle (crush) with swizzle stick or spoon. Add rye and serve in Old-Fashioned or 6-oz. glass with silver pitcher of hot water on the side. Add small piece of butter, if desired.

NEW YEAR'S EGGNOG

6 eggs, separated	½ cup rum
¾ cup granulated sugar	4 cups milk
1½ cups cognac brandy	4 cups heavy cream

nutmeg

Beat egg yolks until very light, add granulated sugar and continue beating until well blended; slowly add brandy and rum, then the milk and cream. Beat egg whites until stiff; fold into egg yolk-brandy mixture. Grate or sprinkle nutmeg lightly over each glass. Approximate yield: 24 portions.

NEW YEAR'S PUNCH

3 cups sugar	2 tablespoons curaao
3 cups lemon juice	1 quart Champagne
2 cups shredded pineapple	1 quart white wine
1 pint strawberries	1 quart carbonated water
1 pint strong green tea	ice

Dissolve 2 cups sugar in lemon juice; sprinkle remaining sugar over shredded pineapple and whole, hulled strawberries, and allow to stand until sugar is dissolved. Put chilled green tea, curaao and wines into punch bowl, stir in sweetened lemon juice, fruits and carbonated water; place a large block of ice in the bowl and serve ice cold. Approximate yield: 5 quarts, or 40 small glasses.

CHAMPAGNE PUNCH

2 cups diced pineapple	1 pint curaao
2 cups strained orange juice	1 pint Tokay
3 tablespoons lemon juice	3 bottles carbonated water
1 cup whole strawberries	3 quarts Champagne
1 pint brandy	1 large piece of ice

Combine fruits and juices, brandy, curaao and Tokay, and chill several hours; add carbonated water, Champagne and pour over large piece of ice just before serving. Approximate yield: 6 quarts, or 48 small glasses.

BISQUE OF SHRIMPS BRETONNE

2 pounds raw shrimps	3 tablespoons butter
2 tablespoons chopped onion	1 teaspoon salt
1 tablespoon chopped carrot	dash of cayenne
2 tablespoons chopped celery	2 cups chicken or veal stock
¼ cup chopped mushrooms	1 cup cream
1 cup white wine (Rhine wine or Chablis)	

Boil and prepare shrimps (page 367) and chop fine; cook vegetables in butter over slow fire 2 minutes; add seasoning and stock, and cook 15 minutes. Add shrimps and cook 5 minutes longer; press through sieve. Add cream and wine, and heat almost to boiling; serve immediately. Approximate yield: 12 portions.

GREEN TURTLE SOUP

1 green turtle (2 to 4 lb.)	cayenne
consommé, veal or chicken stock	¼ to ½ cup sherry
black pepper	2 hard-cooked eggs, chopped
	6 slices lemon

Select a green turtle; it is the top shell that makes the green gelatinous stock; prepare and cook 1 to 3 hours, or until legs are very tender (page 373). Measure turtle stock and add consommé or stock to make 1 quart; cut meat in small cubes. Bring stock to a boil and season with pepper and cayenne; add turtle meat and heat thoroughly but do not boil. Pour at once into heated tureen, add sherry, chopped eggs and lemon slices, and serve at once. Approximate yield: 1½ quarts, or 6 portions.

Canned green turtle soup mixed with sherry may be purchased; place in refrigerator for several hours to jell, or serve hot.

LOBSTER THERMIDOR

1 lobster, freshly boiled	⅛ teaspoon mustard
3 mushrooms, sliced	1 tablespoon minced parsley
¼ cup butter	½ cup sherry
dash of paprika	1½ cups Cream Sauce (page 378)
	2 tablespoons grated Parmesan cheese

Cut lobster in half lengthwise; remove meat from shell, and cut into small pieces; sauté with mushrooms in butter about 5 minutes, then add paprika, mustard, parsley, sherry and 1 cup cream sauce, and mix well. Return mixture to lobster shell; cover with remaining ½ cup cream sauce, sprinkle with Parmesan cheese, and bake in hot oven (450° F.) about 10 minutes. Yield: 2 portions.

ZABAGLIONE

3 egg yolks	3 half eggshellsful sherry
1-2 tablespoons sugar	(or Marsala or Madeira)

Beat yolks until thick, add sugar and beat until dissolved. Measure sherry in half eggshell and warm slightly. Add to egg yolks and beat over barely simmering water until thickened and very light. Turn into serving glasses and top with a dash of cinnamon. Approximate yield: 2 portions.



LOBSTER THERMIDOR

The slightly aromatic, nutty flavor of dry sherry mingles subtly with the cream sauce. When the bright red shell is filled with the lobster mixture, it is dusted lightly with Parmesan cheese and toasted quickly under a broiler (page 850).

SYLLABUB

½ cup confectioners' sugar	1 teaspoon vanilla
1 pint heavy cream	1 glass sweet Madeira or Sauternes

Dissolve sugar in cream and whip until it begins to hold its shape; carefully stir in flavoring and wine so that it does not curdle, and serve at once. Heap in glasses and serve with shortbread or ladyfingers. Approximate yield: 8 portions.

TIPSY CHARLOTTE

1 tablespoon gelatin	1 large stale sponge cake
½ cup cold water	1 cup sherry or port
1 pint sweet cream	1 cup almonds
½ cup sugar	butter
1 teaspoon vanilla or almond	angelica

Custard Sauce (page 629)

Soften gelatin in cold water 5 minutes. Heat cream almost to boiling, add softened gelatin and sugar, and stir until dissolved; cool and flavor, then chill. Sponge cake should be at least 2 days old; mark off ¾-inch band around edge of cake and cut off top within this band in a 1-inch thick piece. Scoop out the middle, leaving the sides and bottom ¾-inch thick and pour ½ cup wine in spoonfuls over inside so that all may be evenly moistened. When gelatin mixture is slightly thickened, beat until fluffy; turn at once into sponge shell. Replace top and pour remaining ½ cup wine over it. Chill in refrigerator for 2 or 3 hours. Blanch almonds, and while still hot, cut in lengthwise shreds; toast in oven with a little butter. Stick them into the finished cake and decorate with angelica and cherries. Serve with custard sauce. Approximate yield: 10 to 12 portions.

SORBET DELICIOUS

1½ cups sugar	½ cup lemon juice
3 cups water	1 cup grape juice
1½ cups orange juice	½ cup claret or sherry

Boil sugar and water 15 minutes; add fruit juices and wine, and strain and cool. Pour into freezing tray of automatic refrigerator with temperature control set at coldest point and freeze 2 to 3 hours, or until of mush-like consistency, stirring once every hour. Or pour into freezer and freeze to a mush. Yield: 6 to 8 portions.

RUM PUDDING

- | | |
|--------------------------------------------|--------------------------|
| 1 tablespoon gelatin | ½ cup sugar |
| 2 tablespoons milk | 4 egg yolks, well beaten |
| 2 cups light cream, scalded | 3½ tablespoons rum |
| 1 cup sweetened fresh fruit or fruit sauce | |

Soften gelatin in cold milk 5 minutes; add scalded cream, stirring until gelatin is dissolved. Beat sugar into egg yolks; gradually stir in gelatin-cream mixture. When slightly cooled, add rum; pour into large or individual molds. When ready to use, unmold and serve with fresh raspberries or strawberries, sweetened, or with fruit sauce. Approximate yield: 5 to 6 portions.

NUT WINE CAKE

- | | |
|----------------------------|----------------------------------|
| 2 cups sifted flour | 3 eggs, separated |
| 1½ teaspoons baking powder | ⅓ cup sherry |
| ½ teaspoon salt | ⅔ cup broken walnuts |
| ¾ cup butter | ½ cup broken pecans |
| 1 cup sugar | ½ cup shredded, blanched almonds |

Mix and sift flour, baking powder and salt. Cream butter until soft; add sugar gradually, beating until light and fluffy. Beat in thoroughly 1 egg yolk at a time; add flour alternately with sherry, beating until smooth after each addition. Add nutmeats and fold in stiffly beaten egg whites. Turn into greased, deep square pan, 8 x 8 x 2½ inches, and bake in slow oven (325° F.) 1 hour and 15 minutes. Yield: 1 (8-inch) square cake.

BRANDIED LARGE CHERRIES

- | | |
|------------------------------------------|--------------------------|
| 3 pounds large black cherries,
pitted | 3 pounds sugar
brandy |
|------------------------------------------|--------------------------|

Place pitted cherries in preserving kettle, cover with sugar, and put in cool place for 1 hour. Then cook slowly 20 minutes, or until the fruit is tender. Remove fruit to a large kettle; measure syrup and to each cup allow 4 tablespoons brandy. If syrup is quite thick, add brandy at once; if not, cook it until somewhat thick (225° F.), then add brandy. Pour over cherries. Pack in hot sterilized jars and seal. Use as conserve or sauce for vanilla ice cream. Approximate yield: 6 (½ pt.) jars.

Menu Making

MENUS are planned by rule but need not be followed by rote. In other words, if the homemaker would think of menus as *patterns* only—not to be interpreted literally—more use might be made of them. The menus that follow are designed to fit the daily needs of an average family, or for special occasions. Nutritional requirements and general rules that are fundamental to the successful planning of all menus are discussed in the section on Meal Planning (pages 1 to 15). It is good management to plan or assemble menus for a week or at least for several days at a time. However, they should be kept elastic enough to allow for using up unexpected left-overs and to take advantage of special food bargains.

Plan Your Work. In the morning plan the work for the day so that some foods may be prepared ahead to save time. Make out a tentative marketing list. Check supplies on hand against the daily order sheet, noting any leftovers that may be incorporated in the day's menus. Then buy foods that are in season and good values for the day (see section on What to Buy, page 903).

Menus once planned should be smoothly executed. Start early the food that takes longest to prepare or cook. Decide what foods can be prepared in advance for last-minute reheating and serving. Sometimes it is possible to cook extra food for use at succeeding meals. Extra string beans, for instance, can be cooked and included in a salad; a large roast can always be utilized in many ways. And finally—do not be afraid to try *new* ideas and recipes. They will add variety and interest to your menus.

A WEEK OF FAMILY MENUS

	BREAKFAST	LUNCHEON OR SUPPER	DINNER
Sun.	Sliced Oranges; Prepared Cereal; Fluffy Omelet, 86; Toast; Marmalade; Coffee; Milk	Tomato Loaf Salad, 514; Cream Cheese and Chives Sandwiches; Peach Cream Dessert, 668; Tea; Cocoa	Stuffed Shoulder of Lamb, 248; Browned Potatoes; Buttered Beets; Asparagus Salad; Frozen Prune Pud- ding, 727; Milk; Coffee
Mon.	Pineapple Juice; Flaked Cereal; Frizzled Ham; Toast; Coffee; Milk	Creamed Eggs and Asparagus; Baking Pow- der Biscuits; Jam; Quick Fudge Cake, 552; Coffee; Milk	Broiled Fish Fillets, 336; Tomato Sauce; Parslied Potatoes; Peas; Lettuce, Celery and Pimiento Salad; Swiss Fruit Dessert, 666; Coffee; Milk
Tues.	Applesauce; Hominy with Shredded Dates; Poached Egg on Eng- lish Muffin; Coffee; Milk	Chopped Lamb, Green Pepper, and Lettuce Sand- wiches; Creamed Carrots and Peas; Sliced Peaches; Cookies; Tea; Milk	Creole Beef with Noodles, 224; Summer Squash; Per- fection Salad, 515; Lemon Meringue Bread Pudding, 680; Coffee; Milk
Wed.	Baked Pears; Creamed Flaked Codfish on Toast; Coffee; Milk	Pea Soup St. Germain, 199; Bran Bread, 120; Sandwiches; Waldorf Sal- ad, 505; Tea; Milk	Tomato Bouillon; Crack- ers; Larded Liver and Vegetables, 278; Mashed Potatoes; Lettuce with French Dressing; Peach Cobbler, 692; Coffee; Milk
Thurs.	Stewed Apricots; Sautéed Hominy; Bacon; Toast; Coffee; Milk	Cottage Cheese Salad, 513; Whole Wheat Bread and Butter Sandwiches; Gin- gerbread, 567; Baked Apples; Tea; Milk	Scalloped Ham and Po- tatoes; String Beans; Grilled Tomatoes; Cara- mel Custard, 672; Cookies; Coffee; Milk
Fri.	Orange Juice; Flaked Cereal; Scrambled Eggs, 83; Muffins, 109; Jam; Coffee; Milk	Scalloped Mixed Vegeta- bles (with cheese); Fruit Gelatin; Fruit Drop Cook- ies, 589; Tea; Milk	Baked Salmon, 332; Pars- ley Sauce, 376; Stuffed Baked Potatoes, 471; Spin- ach; Orange and Water- cress Salad; Pineapple Topped Pudding, 692; Coffee; Milk
Sat.	Prune Juice; Oatmeal with Milk; Raisin Bread Toast; Coffee; Milk	Stuffed Egg Salad, 513; Whole Wheat Bread and Butter Sandwiches; Sliced Oranges and Bananas; Cocoa	Quick Macaroni Casserole, 409; Lettuce, Tomato and Cucumber Salad; Choco- late Blanc Mange, 674; Cookies; Coffee; Milk

MENUS [DINNER]

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INEXPENSIVE DINNERS

Summer

Macaroni with Ham, 408
Buttered String Beans
Cucumber and Onions, Vinaigrette
Cottage Pudding, 692, Cherry Sauce
Iced Coffee

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Broiled Salmon Slices
Paprika Potatoes Green Peas
Lemon Jelly, 702,
Custard Sauce, 629 Iced Tea

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English Beef Stew, 232
Buttered Beets Chopped Greens
Blackberries with Top Milk
Tea with Lemon

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Liver Loaf, Pan Gravy, 279
Mashed Potatoes Carrots
Greens Salad, French Dressing
Fruit Snow, 666 Coffee

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Winter

Lamb and Lima Bean Casserole, 250
Chopped Kale Pepper Relish
Hot Biscuits, Butter
Baked Apples, Cream Coffee

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Spare Ribs with Sauerkraut, 258
Mashed Potatoes Applesauce
Coconut Bread Pudding, 681
Coffee

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Fish Pie with Crumb Crust, 337
Buttered Cabbage Boiled Beets
Celery and Orange Salad
Oatmeal Hermits, 590 Coffee

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Tomato Juice
Tripe in Sour Gravy, 286
Mashed Potatoes Squash
Chocolate Bread Pudding, 679
Coffee

EMERGENCY DINNERS

Chilled Tomato Juice
Fried Chicken, 292
Sautéed Corn and Green Pepper
Hot Thin Cornbread
Quick Fruit Dessert, 666
Coffee

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Fruit Cup
Salmon Casserole, 343 Green Peas
Celery and Radishes
Chocolate Waffles, 694
Whipped Cream Coffee

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Beef Claret Bouillon, 189
Crisp Crackers
Eggs Benedict, 81
Lettuce Hearts, French Dressing
Peach Melba, 731 Coffee

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Sardine Rarebit on Toast, 92
Lettuce, Tomato, Cucumber Salad
Canned Plums Cookies
Coffee

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OVEN DINNERS

Baked Rice and Tomatoes
with Sausages
Corn-Stuffed Peppers, 470
Baking Powder Biscuits, 114 Jelly
Stuffed Baked Apples, 59
Coffee

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Baked Pork Chops, 225
Browned Sweet Potato Halves
Scalloped Tomatoes
Corn Sticks, 112 Currant Jelly
Apricot Roll, 690 Coffee

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Veal Loaf, 241
Potatoes au Gratin, 473
Lettuce and Grapefruit Salad
Hot Gingerbread, 567,
Whipped Cream Coffee



AN OVEN-COOKED MEAL

Let your oven work for you. Oven-cooked meals conserve fuel and reduce dish-washing to a minimum when the food is cooked and served in the same dishes. See Menu Making (page 856) for Oven-Meal Menus.

MENUS [LOW COST, SPECIAL]

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LOW-COST MEALS

Breakfast

Orange or Tomato Juice
Cracked Wheat Cereal Top Milk
Toast Butter
Milk Coffee

Dinner

Fish Potato Puff, 341
Chopped Kale Boiled Turnips
Bread and Butter
Raisin Bread Pudding
Milk Coffee

Supper

Creamed Macaroni, 409, with Egg
Lettuce, Carrot and Raisin Salad
Bread and Butter
Milk Applesauce Coffee

Breakfast

Stewed Prunes and Apricots
Oatmeal Top Milk
Corn Muffins Butter
Milk Coffee

Dinner

Irish Stew with Dumplings, 250
Carrots Boiled Onions
Bread and Butter
Cabbage Slaw
Chocolate Pudding
Milk Coffee

Supper

Black Bean Soup, 192
Peanut Butter-Lettuce Sandwiches
Milk Tea

SPECIAL MENUS

LENTEN DINNERS

Planked Mackerel, 334
Potato Border Glazed Carrots
Broccoli, Hollandaise Sauce, 385
Romaine Salad, French Dressing
Lemon Chiffon Pie, 653 Coffee

Minted Fruit Cup

Cheese-Nut Stuffed Peppers
Fried Eggplant Grilled Tomatoes
Hot Baking Powder Biscuits
Baked Cider Pudding, 686
Coffee

Tomato Juice

Shad Baked in Grape Juice
Duchess Potatoes Baked Squash
Hearts of Lettuce
Rhubarb Brown Betty, 687 Coffee

Carrot Walnut Loaf, 448,

Egg Sauce, 376
Stewed Tomatoes String Beans
Cucumbers Vinaigrette
Junket Ice Cream, 717 Coffee

COMPANY LUNCHEONS

Chilled Tomato Juice
Cheese Quicks, 163
Meat Puffs, Mushroom Sauce, 379
Duchess Potato Rosettes, 472
Cloverleaf Rolls, 134
Salad Greens French Dressing
Southern Pecan Pie, 649 Coffee

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Beet Juice Cocktail, 177
Broiled Squab, 316 Green Peas
Watercress and Orange Salad
Baking Powder Biscuits
Apricot Bavarian Cream, 707
Cookies Demi-tasse

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Chicken Bouillon
Crabfluke Mousse, 353, Mayonnaise
(stuffed egg, tomato garnish)
Soft Lunch Rolls
Champagne Fruit Cup, 664
Coffee

COMPANY DINNERS

Broiled Grapefruit, 66
Crown Roast of Pork, 256, Potatoes
New Peas Buttered Carrots
Corn-stuffed Tomatoes
Crescent Rolls
Pears Crème de Menthe, 71
Vienna Egg Cookies, 833
Demi-tasse

Almond Parmesan Fingers, 168
Broiled Shad Roe, 339,
Melted Butter
Mashed Potatoes Spinach
Cloverleaf Rolls
Mixed Green Salad
Pineapple Meringue Cake, 564
Demi-tasse

Cranberry Juice Cocktail, 176
Turnover Canapés, 163
Planked Chicken, 292
Potato Rosettes, 472
Glazed Carrots
Boiled Artichokes, 435
Aspics in Lettuce Cups
Finger Rolls
Cream-filled Chocolate Éclairs, 661
Demi-tasse

AFTER THEATRE SUPPERS

Assorted Cookies
Fruit Juice Punch, 157
Dainty Sandwiches, 738
Frosted Cup Cakes, 542 Coffee
Assorted Sandwiches
Pretzels
Pickled Beets Stuffed Olives
Beer
Bouillon
Crisp Crackers
Honey Frozen Fruit Salad, 522
Sweet Wafers Coffee

SUNDAY NIGHT SUPPERS

Hot Weather Suppers
Deviled Eggs, 88
Thinly sliced Boiled Ham
Beet Pickles Potato Chips
Cucumber Combination Salad, 501
Orange Coconut Cake, 543
Iced Tea

Japanese Salad, 512
Tomato and Cucumber Garnish
Finger Rolls
Raspberry Sherbet, 719 Cookies
Iced Coffee
Frosted Grape Platter, 506
Hot Nut Muffins, 109
Delicate Sponge Cake, 573
Iced Tea

Cold Weather Suppers

French Onion Soup, 208 Crackers
Sliced Turkey, Ham, Salami
Celery Curls Green Pickle Relish
Whole Wheat Bread Sandwiches
Chocolate Indians, 602
Coffee
Baked Ham and Lettuce
Sandwiches
Scalloped Potatoes
Sweet Pickles Ripe Olives
Rolls
Macedoine of Fruits, 664
Coffee or Cocoa
English Monkey, 96
(chafing-dish style)
Buttered Toast
Coffee
Tomato Bouillon, Whipped Cream
Sunday Night Salad Bowl, 504
Hot Cheese Biscuits, 114
Orange Jellied Tarts, 656
Coffee

MENUS [BRIDGE, COCKTAIL, PICNIC]

860

BRIDGE

Bridge Luncheons

Cream of Mushroom Soup, 194
(in Petites Marmites)
Melba Toast
Frozen Tomato Salad, 524
Roquefort Cheese Biscuits, 114
Ambrosia, 664 Coffee

Frosted Citrus Juice Cup, 176
Oyster Casserole, 363
Asparagus, Butter Sauce
Endive-Roquefort Cheese Dressing
Chocolate Soufflé, 685 Cookies
Coffee

Bridge Teas

Filled Cantaloupe Platter, 506
Thin Nut Butter Sandwiches, 164
Tea

Watercress Butter Sandwiches, 164
Small Toasted Scones, 115
(split and spread with jelly)
Fruit Cake Tea

Bridge Suppers

Jellied Chicken Loaf, 302
Mixed Vegetable Salad
Hot Rolls
Ice Cream,
Chocolate Mint Sauce, 631
Coffee
Dried Beef Rarebit, 236
Grilled Tomatoes Ripe Olives
Pumpnickel
Fudge Cake, 550
Coffee

Pickled Tongue
Gingersnap Sauce, 388
Creamed Parslied Potatoes
Celery Radishes Olives
Glazed Apples, 60, Whipped Cream
Coffee

COCKTAIL PARTIES

Parsley Butter Sandwiches, 164
Caraway Puffs, 162
Cheese Nut Balls, 163
Pickled Pearl Onions Olives
Martini, 846 Manhattan, 846

Watercress Butter Sandwiches
Pastry Canapés, 162
Avocado Spread, 166
Salted Pistachio Nuts
Planter's Punch, 846

Guava Cheese Sandwiches, 166
Crackers Nut Butter Spread, 164
Olives Sweet Gherkins

Popcorn
Daiquiri, 846 Tom Collins, 848

Lobster Butter Canapés, 165
Cocktail Sausages Brazil Nuts
Japanese Cocktail Biscuits
Dry Sherry Orange Blossom, 846

PICNICS

Box Lunch for Two

1 pint Chicken Salad, 510
4 chopped egg-bacon sandwiches
4 nutbread sandwiches
1 small bottle stuffed olives
6 small sweet pickles
2 frosted Cup Cakes, 542
1 pint sweet cherries
(or other fresh fruit)
Container of coffee

Family Style Picnic for Six

Upside-down Ham Loaf, 261
1 loaf sliced, buttered bread
Mustard Cream Mayonnaise, 529
1 quart Potato Salad, 502
1 bottle sweet pickles
2 dozen radishes
Pineapple Sticks, 70
Peanut Butter Cookies, 578
Container of milk

HOLIDAY OCCASIONS

861

George Washington Buffet Supper

Cranberry Juice Cocktail, 176
 Hatchet-shaped Sandwiches
 Pickles Celery Curls Olives
 Roast Ham Scalloped Potatoes
 Pickled Cherries
 Waldorf Salad, 505 Rolls
 Cherry Custard Tarts Coffee

Valentine Luncheon

Beet Soup Heart-shaped Croutons
 Sweetbreads and Pimiento
 (in heart-shaped Timbales, 662)
 Green Peas
 Tomato Jelly Heart Salad
 Crescent Rolls
 Raspberry Sherbet Cookies
 Fruit Juice Punch, 157

St. Patrick's Day Luncheon

Clam Bouillon, Whipped Cream
 Salmon Mousse, 342
 Cucumber Relish
 Parslied Potato Balls
 Fresh Asparagus on Toast
 Cloverleaf Rolls
 Pistachio Ice Cream in
 Puff Shells, 661
 Shamrock Candies Salted Nuts
 Coffee

Hallowe'en Suppers

Hallowe'en Salad, 496
 Cream Cheese Sandwiches
 Nuts Apples Taffy
 Orange-filled Cup Cakes
 Sweet Cider

Goblin-faced Meat Pies (face slashed in crust)

Julienne Carrots
 Orange Ice, 718, in Orange Cups
 Chocolate Cookies
 Ginger Ale

Easter Dinner

Grapefruit and Ginger Cocktail
 Crown Roast Spring Lamb
 Cream Potatoes Green Peas
 Watercress and Celery Salad
 Daffodil Cake, 573, à la Mode
 Coffee

Thanksgiving Dinner

Spiced Fruit Juice, 177
 Roast Turkey Oyster Stuffing, 398
 Glacéed Sweet Potatoes
 String Beans Creamed Onions
 Celery Olives Toasted Nuts
 Mince Pie, 647, with Cheese, or
 Coffee Marron Cream, 717
 Candied Orange Peel, 754 Coffee

Christmas Dinner

Crabmeat Cocktail, 180
 Roast Goose Sage-Onion Dressing
 Frozen Spiced Applesauce
 Mashed Potatoes
 Creamed Turnips
 Celery Stuffed Olives
 Plum Pudding, 696,
 Hard Sauce, 632
 Salted Nuts Mints Coffee

New Year's Buffet

New Year's Eggnog, 848
 Thin Chicken Sandwiches
 Asparagus Tip Canapés, 168
 Fruit Cake Salted Nuts
 Candies

Lobster Bisque, 197 *Toasted Crackers*

Chicken and Pineapple Salad, 510
 Finger Rolls
 Syllabub, 852
 French Almond Cake, 548 Coffee

MENUS [WEDDING, SPECIAL DIET]

862

WEDDING SUGGESTIONS

Simple Wedding Breakfast
 Fruit Cup
 Scrambled Eggs Sausages
 Hot Rolls Preserves
 Wedding Cake Coffee

Buffet Wedding Breakfast
 Grape Melon Cocktail, 179
 Baked Tuna Fish with
 Brazil Nuts, 341
 Green Peas
 Hot Baking Powder Biscuits
 Lemon Ice Tea Cakes
 Wedding Cake Coffee

Buffet Wedding Breakfast
 Clam Bouillon, Whipped Cream
 Chicken Croquettes, 302
 Green Peas
 Mixed Vegetable Salad
 Bread and Butter Sandwiches
 French Ice Cream Little Cakes
 Wedding Cake, 554 Coffee

Wedding Reception
 Assorted Tea Sandwiches, 738
 Petits Fours, 596 Wedding Cake
 Nuts Mints
 Fruit Tea Punch, 158 Coffee

SPECIAL DIET SUGGESTIONS

CONVALESCENT LIGHT DIET

Breakfast
 Stewed Apricots
 Prepared Cereal Top Milk
 Coddled Egg, 80 Buttered Toast
 Tea or Coffee

Mid-morning
 Fruit Juice

Luncheon or Supper
 Cream of Spinach Soup, 193
 Baked Fish, 332 Julienne Carrots
 Melba Toast
 Lemon Sherbet, 720
 Ladyfingers, 595 Tea

Mid-afternoon
 Milk or Cocoa

Dinner
 Clear Consommé, 187
 Broiled Lamb Chop, 244
 Baked Potato
 Buttered Peas and Celery
 Whole Wheat Bread Butter
 Baked Pear, 69 Sponge Cake, 572
 Tea or Milk

LOW CALORIE LUNCHEONS

Chicken and Cabbage Salad
 Low Calorie Mayonnaise, 527
 Melba Toast Sliced Tomatoes
 Tea with Lemon

Dried Beef with Cottage Cheese
 Raw Vegetable Salad, 496
 Low Calorie Mayonnaise, 527
 Crusty Roll Butter
 Tea with Lemon

HIGH CALORIE DINNERS

Cream of Corn Soup, Croutons
 Baked Stuffed Mackerel
 Lemon Butter, 164
 Mashed Potatoes Green Beans
 Stuffed Cucumber Salad, 502
 Pumpkin Custard Pudding, 672
 Coffee

Cream of Tomato Soup Crackers
 Batter Fried Chicken, 294
 Creamed Potatoes Green Peas
 Lettuce Hearts, Mayonnaise
 Peanut Pudding, 676 Café au Lait

MILK-FREE MENUS

Breakfast

Fresh or Cooked Fruit
 Broiled Mackerel, 336
 Corn Muffins, 110 (with water)
 Marmalade Coffee

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Luncheon

Chicken Salad, 510 Radishes
 Melba Toast
 Gingerbread¹ Lemon Sauce
 Iced Coffee

¹Use all water in Gingerbread, 567

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Dinner

Bouillon
 Roast Chicken, 295
 Cranberry Citrus Relish, 403
 Sweet Potatoes, 481 String Beans
 Stuffed Tomato Salad, 503
 Peach Sherbet, 719 Tea or Coffee

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EGG-FREE MENUS

Breakfast

Fresh or Cooked Fruit
 Fried Cornmeal Mush
 Bacon Maple Syrup
 Coffee

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Luncheon

New England Clam Chowder, 200
 Crackers
 Fruit Salad French Dressing
 Melba Toast Iced Ginger Tea

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Dinner

Cranberry Juice
 Veal en Brochette, 237
 Fried Onion Rings, 466
 Succotash Carrot Sticks
 Cabbage and Pineapple Salad
 Banbury Tartlets, 657
 Coffee

WHEAT-FREE MENUS

Breakfast

Fresh or Cooked Fruit
 Scrambled Eggs Sausages
 Rye Bread Toast (100% rye)
 Coffee

. .

Luncheon

Black Bean Soup, 192
 Rice Flour Muffins¹ Butter
 Orange Marmalade
 Tapioca Meringue Pudding, 677
 Iced or Hot Tea

¹Use all rice flour in Plain Muffins, 111

. .

Dinner

Jellied Madrilène, 188
 Crisp Rye Wafers
 Jelly-glazed Roast Lamb, 248
 Baked Potatoes Asparagus
 Green Salad French Dressing
 Fruit Bowl Coffee

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WHEAT-MILK-EGG-FREE MENUS

Breakfast

Fresh or Cooked Fruit
 Frizzled Ham Honey
 Fried Oatmeal Mush Coffee

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Luncheon

Spring Vegetable Soup, 191
 Ginger Fruit Salad, 505
 Lime French Dressing, 531
 Corn Pone Butter
 Tea

. .

Dinner

Sweet Pepper Consommé, 188
 Liver and Bacon Riced Potatoes
 Broccoli Melted Butter
 Beet Salad French Dressing
 Norwegian Prune Pudding, 676
 Coffee

864 INFANT FEEDING today is a gradual progression. Beginning with the mother's milk or a milk formula worked out for the individual baby, the infant is gradually introduced to new foods—fruit juices, cod liver oil, strained cereals and vegetables, sieved egg yolk, meat broths, etc. The wise mother follows to the letter the feeding instructions prescribed for her child, and adds the new foods, a little at a time, so he develops a liking for new tastes and textures.

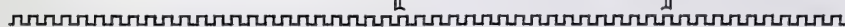
From *two to six* the child's food needs are met by a diet that includes milk—a quart a day if possible—vegetables, fruits, cereals and breads, eggs, meat, poultry and fish, butter, cod liver oil and simple sweets, with plenty of fresh cool water to drink during the day. With the *older child* the diet is basically the same but the variety may be greater and the quantity must be increased to meet his growing energy requirements.

Milk. Use a cupful to drink at each meal; the rest of the quart may be cooked with the cereal, or used in cream soups, creamed dishes or milk desserts. If advisable, diluted evaporated milk may be used for all or part of the milk requirement. Cocoa or a cereal beverage made with milk may use some of the milk for older children and add variety.

Vegetables. Use one serving of potatoes daily, preferably cooked in the skin, and two additional vegetables, one of them green as often as possible. Frequently serve raw vegetables as chopped lettuce and cabbage, and chopped or grated carrots, carrot strips or crisp celery.

Fruits. Serve two fruits daily. Include a citrus fruit or tomato or their juice, and fresh or cooked apples, pears, peaches, bananas (scrape fresh fruit for small children) and raw or cooked dried fruits. Berries should be cooked and strained for the small child.

Cereals. Use at least one serving daily of well-cooked whole grain cereal, varying occasionally with ready-to-eat cereals. Cereal



breads, desserts and simple cookies may be used occasionally for part of the cereal needs. Other cereal foods as rice, macaroni, tapioca, etc., may be used in main dishes or desserts, but should not be substituted exclusively for whole grain cereals.

Breads. Use day-old whole grain breads. Serve with the crusts, or as crisp dry toast or zweiback to encourage chewing.

Eggs. One egg or egg yolk daily if possible. Serve coddled, soft cooked, poached, scrambled, or in custard.

Meat, Poultry, Fish and Cheese. Use a small serving of lean beef, lamb, liver, chicken or crisp bacon daily, or at least several times a week. Substitute lean or medium-fat fish for meat occasionally. Cream and cottage cheese and mild cheese sauces (with older children) may also be used to furnish protein.

Butter. Use daily on bread and vegetables.

Cod Liver Oil. Use in amounts recommended by a physician, or he may suggest a substitute.

Sweets. Serve simple milk puddings, custards, milk sherbets and not-too-rich ice creams, fruited or plain gelatins, sponge cake and plain cookies in addition to fruits. Use simple candies as dessert, not for between-meal eating.

With younger children avoid hot breads, griddlecakes, pastries, rich cakes, fried and highly seasoned foods, tea, coffee and rich cocoa or chocolate. Suggestions for adapting the family menu to the needs of the younger children are given on page 8.

Make the child's plate attractive. Consider color, flavor and texture combinations. Avoid monotony; the same food may be prepared in many simple ways. Use small servings, with "seconds" if they are wanted. And, of especial importance, develop an impersonal attitude at meal time, for most feeding problems are the result of coaxing or over anxiety that all the food be eaten. Often children will eat disliked foods with enthusiasm if allowed to assist with their preparation and service.

MENUS [CHILDREN]

866

MENUS FOR THE YOUNG CHILD

BREAKFASTS	DINNERS	SUPPERS
Ready-to-serve Cereal with Bananas; Crisp Bacon; Toasted Raisin Bread; Milk	Baked White Fish, 332; Scalloped Potatoes, 473; String Beans; Sliced Tomatoes; Prune Whip; Sponge Cake, 572; Milk	Goldenrod Eggs, 89; Fruit Gelatin; Milk
Tomato juice; Oatmeal; Coddled Egg, 80; Whole Wheat Toast; Milk	Meat Ball and Vegetable Casserole, 221; Mashed Potato; Cabbage and Apple Slaw, 500; Chocolate Junket, 670; Cookies, 577; Milk	Cream of Spinach Soup, 193; Cottage Cheese and Lettuce Sandwich; Baked Apple, 59; Milk
Farina with Dates; Scrambled Egg, 83; Whole Wheat Toast; Milk	Baked Liver Loaf, 279; Baked Potato; Grated Carrot and Lettuce Salad; Milk Sherbet, 720; Oatmeal Hermits, 570; Milk	Scalloped Vegetables, 433; Buttered Toast; Fresh Fruit; Cup Cake; Milk

CHILDREN'S PARTY MENUS

A Toddler's Party

Creamy Egg in Croustade
Lettuce Sandwiches
Peach Nests, 702
Sugar Cookies, 577 Milk

A Barnyard Party

Tomato Bouillon
Perfection Salad, 515
Animal-shaped Sandwiches
Ice Cream with Animal Crackers
Milk

Hiking Party for Boys

Campfire Hamburgs, 220
Radishes Whole Tomatoes
Doughnuts, 607 Sweet Cider
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Birthday Party for Girls

Orange Fruit Cocktail, 178
Molded Chicken Salad, 517 Rolls
Quick Peppermint Cream, 730
Shirley Temple Birthday Cake, 555
Fruit Juice Punch, 157

SCHOOL LUNCH BOX SUGGESTIONS

Egg Salad Sandwich, 736
Date and Nut Sandwich, 734
Pear Sponge Cake, 572 Milk

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Cream of Vegetable Soup, 193
Cream Cheese and Jelly Sandwich
(orange bread, 191)
Ripe Banana Ginger Snaps

..
Vegetable Salad Buttered Roll
Cup Custard, 672
Chocolate Cooky, 589
Milk

Savory Baked Bean Sandwich, 742
Whole Tomato Sweet Pickle
Stewed Apricots
Coconut Jumbles, 594 Milk

..
Lettuce Sandwich
Stuffed Egg, 170 Celery Sticks
Apple Gingerbread, 567 Milk

..
Minced Ham Sandwich
Nut Bread, 119, and Jelly Sandwich
Carrot Straws, 493 Cup Cake
Cocoa

Table Setting and Service

SOCIETY has changed rules of table service to meet the needs and whims of succeeding generations. For, conventional as most of us are at heart, we like the zest that comes with some display of originality in our table settings. Thus, more color appears in our table linens. But the basic facts of forks and spoons and rules of serving have altered very little—because table customs, like social customs, are nothing more nor less than convenient and expedient rules to facilitate finer living and entertaining and to maintain beauty and orderliness.

SETTING THE TABLE

PLACEMENT. The costliest table equipment can look out of place on a carelessly set table. Linen, silver and china should conform to a fundamental rule of alignment: the crease of the cloth should run precisely down the center of the table; threads of place mats should run parallel to the edge of the table. The linen space and the number of pieces of silver, glass and china used by one person are commonly called the cover or service. Allow 20 to 24 inches between the centers of adjacent covers and guests will not complain of lack of elbow room.

Linen. One rule that is pretty well standardized is that a formal dinner requires an all-over cloth of white damask with a felt or baize undercloth for protection; or, an all-over cloth of Madeira linen or exquisite filet lace, laid, usually, on the bare, polished table. At the informal meal any lovely cloth may be used.

868 *Silver.* The rules for placement are simple. *Right* implements to the right (knives, spoons and oyster fork) and *left* implements to the left (all forks) in the order in which they are to be used from the outside in, with this injunction: at the formal meal, a cover is never laid with more than two knives and never more than three forks at one time (excepting the oyster fork). If more than this number is required, the necessary silver should be brought in with the course indicated. Coffee or teaspoons for beverage use should be passed with the beverage, the spoon resting on the right of the saucer.

Place Plates. The place plate, sometimes called the "cover" or service plate, answers the rule that no place shall remain uncovered without a plate before it, preceding or during the meal. At the formal meal, and generally at the near-formal, place plates are always used. Without a servant in attendance, place plates complicate service unnecessarily. But if a well-trained servant is to serve a dinner that is planned with some degree of formality, then the place plate serves dutifully beneath the fruit or oyster plate and beneath the soup plate. It is not removed if the fish or entrée is served on a separate plate, but remains in position and the dishes for either of these courses are placed directly on the place plate. Following the entrée, the maid removes the place plate with the entrée plate, using her right hand. With her left hand she immediately sets down a hot dinner plate. The servant then passes the food for the main course. The place plate again comes into operation if salad follows the roast as a separate course, when the place plate is substituted for the dinner plate to comply with the rule that no place shall remain uncovered; the salad plate is then placed directly on the place plate. After the salad, all plates are removed and the table is cleared and crumbed, if necessary, in readiness for dessert. From then on the place plate ceases to form a necessary part of the service at the near-formal meal. Place plates are seldom used for informal service.

Napkins. The napkin should rest at the left of the fork, selvedge and open corners on the right, if the first course is already on the table when the dinner is announced; otherwise it should be placed, neatly folded in a three-lap fold, on the service plate. 869

Water Glasses. The water goblet is used at luncheon and dinner and the tumbler at breakfast. The glass stands at the tip of the knife slightly to the right of it and should be three-quarters filled with water before the guests are seated. A servant refills the glasses from the right without lifting them from the table. At the family dinner, a water pitcher or carafe should be conveniently placed on the table so that the guests may help themselves.

Wine glasses will be dealt with separately in the section on Wines (page 841). We mention in passing, that at the formal dinner, besides the water goblet, three glasses, and only three, are in order—claret, wine and champagne glasses. More than these in number belong with the overladen tables of the Gay Nineties.

Bread and Butter Plate. At all meals but the strictly formal dinner, the small bread and butter plate rests at the left of the fork as near the tip of the fork as it can be conveniently placed. The butter knife is placed across the plate, either parallel to the edge of the table or vertical to it. The bread and butter plate is removed after the main course, or after the salad, if the salad is served as a separate course.

Salt and Peppers. There should be a set of salt and pepper within easy reach of every two guests.

SEATING THE GUESTS

AT THE private dinner the lady who is the guest of honor sits at the host's right. The gentleman guest of honor sits at the hostess's right. The next lady of importance sits at the host's left; and the next gentleman of importance sits at the hostess's left. The remaining places are filled by the guests in any order the hostess

TABLE SETTING { SEATING GUESTS }

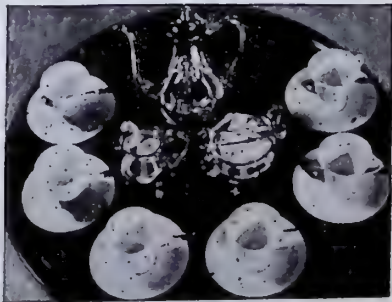
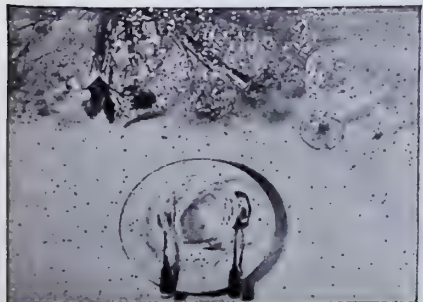
870 indicates. She should, as soon as the guests enter the dining room, tell each guest where he or she is to sit, to avoid delay or confusion. Place cards are used only at large or formal dinners.

At formal dinners for eight or any multiple of four, when food is to be served from the kitchen, the hostess usually takes the seat on the left of the end of the table opposite the host—to avoid placing two ladies or two gentlemen in adjacent seats. At supper or any informal meal for eight at which the hostess would logically pour or serve, the host moves over one place, yielding his position at the end of the table opposite the hostess to a lady. If both host and hostess are to serve, this rule is ignored and two ladies or two gentlemen are seated next to each other.

The hostess who presides at a dinner at which foreign officials or guests of diplomatic importance are to be present would do well to present, for approval, her seating plan to an official conversant with the order accorded various ranks. The State Department of the foreign protocol involved will readily furnish information on the correct seating of foreign officials. In general, the lady of highest rank is seated at the host's right and the lady of next highest rank is seated at the host's left. Similarly, the gentleman of highest rank is seated at the right of the hostess; the next ranking gentleman is at the hostess's left; while the third lady of highest rank is seated on the right of the gentleman of highest rank; and the fourth lady of highest rank is placed on the right of the second gentleman of highest rank. Guests of lowest rank are placed near the center of the table—all of which sounds much more complicated than it really is, once the seating arrangement has been drawn up in diagram form.

TABLE SERVICE

STRICTLY formal service implies the presence of two or more servants for six or eight guests. Food is served from the kitchen. Carving is done in the kitchen. The meal is formal in



NEAR-FORMAL DINNER SERVICE FOR ONE

The cover is laid with place plate, folded napkin and silver for the first three courses in order of use. *Soup*: A rimmed soup plate replaces the napkin. *Roast or Meat*: A dinner plate replaces the place plate and soup plate, and the soup spoon is removed. *Salad*: A salad plate replaces the dinner plate and the salad fork remains. *Dessert*: Dessert silver is brought in with dessert plate and finger bowl. *After-dinner coffee* is poured and served in the living room. (See page 877.)

TABLE SERVICE [WITH SERVANT]

872 character, consisting of not less than four courses for a formal luncheon, and not less than five courses, excluding the beverage, for a formal dinner. In the average household, a compromise service must be worked out to meet individual requirements. Yet as many as possible of the formal rules for service should be adhered to because they have been found practical and generally acceptable in any part of the world. Food customs may vary in different localities, but the rules for table service remain fairly constant and workable in any community.

For convenience, we shall describe procedure with a servant and procedure without a servant in attendance. The informal luncheon differs from the informal dinner only in the kind of food served and in the number of courses. At luncheon, soup, for example, is properly served in cups or rimless soup plates, accompanied by a teaspoon, a bouillon spoon or a dessert spoon, while at dinner, soup is served always in a rimmed soup plate, accompanied by a tablespoon. Bread and butter plates are used at luncheon, but never at the strictly formal dinner. The luncheon beverage is usually poured at the table, while at dinner, coffee is served in small cups usually in the drawing room, although at the informal meal there can rightfully be exceptions to this and to other similar examples. One should adopt those service rules that are practical for individual needs, and modify others to meet circumstances.

PROCEDURE WITH A SERVANT

SERVICE RULES. (1) All clean plates and all dishes of food are presented and removed from the *left*. Usually, clean plates and food are placed with the left hand and removed with the right, although convenience should be the determining factor. (2) All soiled plates are removed from the left, one at a time, without stacking. (3) All beverages and all right-hand implements are placed and removed at the *right*. (4) When clearing the table



the food is removed first, then the plates, and bread and butter plates, if used. A small tray may be used only for the removal of the silver and the salt and peppers. (5) When offering food to the guests, the maid keeps a folded napkin inconspicuously beneath the dish, with the handles of the serving fork and spoon pointing toward the guest. The dish of food should be held low enough for the guest to serve himself comfortably. 873

ORDER OF SERVICE

FIRST COURSE. If place plates are used, they should be in position whether the first course is fruit or soup. If the first course consists of fruit, fruit cocktail, or oysters, the food can be on the table when the guests enter the dining room. When soup is the first course, it should be passed after the guests are seated to insure its being hot. The hostess serves the soup from a tureen at the table; or the maid serves the soup in the kitchen. She brings the filled plates, two at a time, to the serving table and passes a plate of soup separately—never on a tray—to each guest. At the small dinner, the maid starts serving the guest at the hostess's left or right and continues in order around the table. In most communities the hostess is served last. The outmoded custom of serving the hostess first is based on the old assumption that the food might possibly be poisoned and in deference to the health of her guests, the mediæval hostess always took the first portion. It is now considered a more graceful gesture to serve the guests before the hostess. At a family dinner, the children are usually served first, then the ladies and the gentlemen last. During the soup course the maid passes the crackers or any soup accompaniment such as croutons. If celery is served, the maid passes it during this course.

At a large or formal dinner, the maid starts to clear the table for the next course when two or more of the guests have finished eating. She removes the plates from the left, leaving the place

874 plate in position for the next course. At a family dinner the table is cleared when every one has finished eating.

Fish or Entrée. This course would be better omitted when service is limited. If included, the service will be expedited if portions are prepared in individual ramekins or casseroles so that they may be brought, piping hot, from the kitchen. When the maid is ready to clear the table for the main course, she exchanges a hot dinner plate for the place plate which is removed with the entrée plate on it. The maid then passes the meat and when each guest has been served meat, she passes the vegetables. A simpler and therefore more sensible service for the small household is the family style service where the host carves, as explained in the next paragraph. The place plate is left in position after the entrée, ready to be exchanged for the filled dinner plate.

Roast or Main Course. The maid places the roast in front of the host and arranges the carving implements within reach at his left. She brings two hot dinner plates from the serving table and takes up her position at the host's left. She puts a dinner plate in front of him. When he has served a portion of meat, the maid picks up the filled plate, replaces it with a second dinner plate and then goes to the guest at the end of the table on the hostess's left or right. She removes the place plate with her right hand while she exchanges it for the filled dinner plate. She puts the place plate on the serving table and brings a third hot dinner plate to the host to receive from him the second filled plate. She continues in this manner until all the guests have been served.

As an alternative service, when place plates are not in use, the maid places the pile of dinner plates in front of the host, and as he serves the first portion of meat, the maid places it in front of the guest whom the host indicates, and then returns to the host for the next dinner plate.

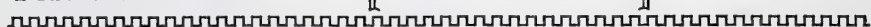
When meat has been served to all the guests, the maid passes

the vegetables, presenting the food at the left of each guest. A two-sectioned vegetable dish allows the maid to serve the potatoes and one vegetable at the same time. If two vegetables besides potatoes are included in the menu, the meal should be planned to include the potatoes on the same platter with the meat so that the host may serve the meat and potatoes, thus facilitating the service. Gravy is passed separately by the maid, or it may be served by the host with the meat.

During the main course, the maid serves extra butter to the guests as needed and passes bread and relishes, again always presenting the food at the guest's left. She refills goblets from the right. If the maid is not sufficiently expert to attend to all the details of service, the hostess should see that extra bread, butter and relishes are placed on the table within convenient reach of the guests. After removing the dishes for the main course, the maid crumbs the table, using a folded napkin and plate, and removes extra silver and condiments, using a small tray for these small objects. If place plates are used throughout the meal, the maid does not remove a dinner plate without immediately placing a service plate in position before each guest. But as we mentioned previously, the use of place plates throughout the meal when there is only one servant in attendance is questionable procedure unless the maid can be depended upon for dexterity and speed.

Salad Course. At luncheon, if the salad constitutes the main course, it is usually served by the maid from the kitchen. Combined with a platter of cold cuts, it may be served by the hostess at the table.

The dinner salad may be light, consisting of little more than crisp greens with a light oil dressing. The maid may serve the salad on individual plates from the kitchen; or she may place before the hostess the bowl of mixed salad greens and the salad



876 fork and spoon with a pile of salad plates in front or to the left. The hostess then serves the salad and the maid assists as at any other course. The strict salad connoisseur will prefer to make the dressing and mix the salad, either at the table or at a side table, assisted by the maid who passes each plate as it is filled. Crackers or cheese for the salad may be passed by the maid or placed on the table.

Dessert. Dessert may be served in one of several ways. It (1) may be made up in individual portions and passed from the kitchen by the maid; or (2) it may be served by the hostess assisted by the maid; or (3) the whole dessert may be passed by the maid and each guest helps himself as the food is presented.

The first method makes no attempt to follow formal procedure. The dessert is more than likely to be in sherbet glasses and the silver for the course, usually a teaspoon, is brought in on the plate on which the sherbet glass rests, or it may already be in position on the table. The next two methods may be considered formal or informal depending upon the type of dessert served. At a formal meal, ice cream is the accepted dessert; pie or a baked or molded pudding, no matter how delectable, belongs in the informal or family-style meal. (The rule is there to quarrel with or accept as you see fit.) Since pie may be difficult to serve, the second method, whereby the hostess does the serving, is the most practical. At such a meal, the dessert fork for the pie would be already on the table. If not, the maid passes the forks, using a small tray. A pudding or molded dessert can very well be handled by the guests themselves and hence can be passed by the maid, leaving the hostess free to converse with her guests.

By methods (2) or (3), the dessert service is handled at the more formal meal in this fashion: the maid places before each guest a dessert plate with dessert fork on the left of the plate and a dessert spoon on the right of the plate parallel to the fork.

If a finger bowl is included, it rests, with a doily under it, directly on the dessert plate, with the fork and spoon on either side. The guest merely slips the silver in position beside his plate and places the doily and finger bowl directly above the plate on the table. The maid then passes the dessert, offering it at the left of each guest in turn. 877

If a separate fruit course is served, the finger bowl is brought in with the glass fruit plate instead of with the dessert plate. The fruit knife and fork are also brought in with this course and rest on the fruit plate, the fork on the left and the knife on the right.

Beverage. At luncheon, tea, chocolate, or coffee is poured at the table by the hostess. The maid brings in a tray with the beverage pot, cream and sugar accompaniments and the cups and saucers and teaspoons on it. The hostess pours and is either assisted by the maid in passing the filled cups to the guests, or the maid has disappeared by this time and the guests pass the beverage. At dinner, coffee may be served at the table by the hostess for the guests to linger over, since there is no rule against lingering; or the coffee may be served in demitasse cups from a tray which the maid brings into the living room and sets on a small coffee table. The tray holds a small coffee pot, usually of silver or china, a bowl of lump sugar and tongs and a pitcher of cream for those who prefer cream with their coffee. Included on the tray are the correct number of small demitasse cups and saucers with a small coffee spoon resting on the right of each saucer. The hostess presides over the coffee service and is assisted by the host or the guests.

PROCEDURE WITHOUT A SERVANT

SINCE many of us are without servants part of the time or all of the time, and still like to entertain gracefully and apparently effortlessly, we have to give more thoughtful attention to every detail of the menu, than does the woman with adequate help.

TABLE SERVICE [WITHOUT SERVANT]

878 The meal should be planned to eliminate last-minute preparation or garnishing, for guests do not like to be conscious of extra labor on their behalf. Fewer courses, each one perfect of its kind, are in far better taste than a menu that includes "everything" at the expense of fine cooking. There is no reason why a simple dinner at which guests are to be present should start with fruit cocktail and trail through soup, entrée, roast, salad and dessert. If you can turn out a superlatively good stew, let the dinner start with stew, accompany it with a salad of mixed greens and finish with a compote of chilled stewed fruits and coffee, brewed to make your guests want more of it. Along with a well-thought-out menu, the servantless meal should be planned with an eye to keeping the hostess anchored at her place at the table. No meal appears to run smoothly if the hostess must be constantly flitting in and out, either to remove dishes or to bring additional ones. If you stop to analyze a successful dinner party for six or eight, "waited on" entirely by the hostess, you will find that invariably the first course is one that can be placed on the table without "wilting," for the few minutes that it takes guests to assemble in the dining room. Or the hostess serves a fruit or vegetable cocktail with canapés in the living room and while the guests nibble on the last crumb, the lady of the house is putting the roast and vegetables on the table. She keeps extra bread, butter and water on a small table by her side. The table may be a tray on wheels with lower shelf, or a small, "two decker" stationary table. If a salad is included in the menu, the hostess has salad and plates in readiness on the lower shelf of the same little table at her elbow. She excuses herself from the table only once when it is necessary to remove the dishes for the main course and bring in the dessert; at that time she puts the coffee on to brew so that the coffee service may be carried into the living room after dinner and enjoyed in leisurely fashion.

There are innumerable ways of arranging successfully the



TABLE SETTING AND FLOWER ARRANGEMENT
BY MRS. WALTER HINE

Pink petunias in clear glass vases have been placed at each end of a small refectory table set for an informal family meal. Navy blue linen cloth and napkins and silver-gray Swedish earthenware are a fitting background for the simplicity of this old-fashioned flower.

service for a dinner without a maid. When more than six or eight are to be present, the little dinner can be converted into a pass-around meal, where the food is assembled on a buffet or table and the guests are allowed to help themselves or assist the hostess informally. At a sit-down meal, the family style of service should run something like this: The silver for all courses, except the dessert, is placed on the table. The first course may be a canapé (to be eaten with the fingers) and fruit or vegetable cocktail served in the living room; or the first course may be fruit cocktail or melon, either of which is put on the table just before dinner is announced. Soup should be served from a tureen by the hostess.

TABLE XX

TABLE SETTING AND SERVICE

MEAL	SILVER	CHINA	GLASS
<i>Breakfast</i> Fruit	Teaspoon or fruit spoon	Serving plate (may be lunch size or smaller)	Fruit juice glass or dish on serving plate
Cereal	Dessert spoon	Cereal dish on serving plate	
Eggs or Meat	Lunch knife and fork	Lunch plate	
Toast or bread	Butter knife	Bread and butter plate	
Beverage	Teaspoon	Coffee cup and saucer	Water glass (tumbler)
<i>Luncheon</i> Fruit or Soup	Teaspoon or fruit spoon Teaspoon or bouillon spoon	Place plate Soup cup and saucer or rimless soup plate on place plate	Fruit cocktail glass with matching plate on place plate
Bread	Butter knife	Bread and butter plate (remove after salad course)	
Entrée (meat and vegetables)	Lunch knife and fork	(Place plate removed) Lunch plate	
Salad	Salad or lunch fork	If separate course at the formal lunch serve with place plate	Choice of glass or china salad plate
Dessert	Dessert spoon and fork brought in with dessert plate	Dessert plate or dish of china or glass	Finger bowl and plate with doily brought in with dessert
Beverage	Teaspoon	Cup and saucer	Water glass or goblet
<i>Dinner</i> Oysters or Fruit	Oyster fork Teaspoon or fruit spoon	Place plate	Oyster or fruit plate (may be of china) on place plate
Soup	Dinner soup spoon	Soup plate on place plate	
Bread or rolls	Butter knife (omit at formal meal)	Bread and butter plate (omit at formal meal), remove after salad course	

TABLE SETTING AND SERVICE

MEAL	SILVER	CHINA	GLASS
Fish or entrée	Fish knife and fork or dessert knife and fork	Fish or entrée plate on place plate	
Roast	Dinner knife and fork	(Place plate removed) Dinner plate	
Salad	Salad fork	Salad plate on place plate at formal meal	May be on small glass or china plate if served with main course at informal meal
Dessert	Dessert spoon and fork brought in with dessert plate	Dessert plate (on place plate at strictly formal meal)	May be of glass if dessert is cold, glass finger bowl and doily rest on dessert plate unless brought in with fruit course
Fruit	Fruit knife and fork brought in with finger bowl		Fruit plate with finger bowl and doily
Beverage	Coffee spoon	Demitasse cups and saucers	Water goblet, claret and champagne glasses

The main course is served by the host. He carves the meat and serves the vegetables or asks the person on his right or left to serve the vegetables and gravy. The hostess serves the salad, the dessert, and the beverage. Bread and butter plates are invariably used and are removed after the main course or after the salad if the salad is served as a separate course. If the dessert is in individual molds or in sherbet glasses, these may all be brought in from the kitchen on a tray to the serving table and passed from there to the guests. Otherwise, the hostess serves the dessert from her position at the table on plates brought in and set before her. Silver for the dessert is handed to each guest on the dessert plate. The coffee may be poured by the hostess at the table or served later in the living room.



SIZES OF TABLECLOTHS. An average dining table with extensions allows for seating six to twelve people. A $2\frac{1}{2}$ -yard cloth provides room for six covers and allows for an 8- to 10-inch drop or overhang. A 3-yard cloth seats eight comfortably with the same provision for drop. A 4-yard cloth will take care of ten to twelve. With these cloths go the formal napkins which are 22 to 27 inches square. The "dinette" damask cloth is $1\frac{1}{2}$ yards square, and is accompanied by a 22-inch damask napkin.

Bridge-luncheon or luncheon cloths to be used for four are 54 inches square, and require a napkin 18 inches square for the luncheon size and 14 inches square for the bridge size. Small damask napkins, 22 inches square, accompany fine lace or linen doilies and runners.

The table on page 880 summarizes order of service and the number of pieces of silver, china, or glass in use during a meal. At the informal meal, one or more of the courses at luncheon or dinner may be omitted; at the simple family meal the place plate would not be used. At the formal meal, bread and butter plates are omitted. But the general order of service and sequence of courses are similar at the formal and the informal meal.

THE CENTERPIECE

YOUR centerpiece can say more about the real *you* than any back-fence gossip. For in no other phase of table setting can artistry, or lack of taste, stand out more strikingly. The moment one enters the dining room the eye is drawn automatically to the center of interest which is the centerpiece. What it finds influences one's impression of the meal that follows. With a little thoughtful study of principles involved in flower arrangements, inspiration can be found for many beautiful and striking effects. Fresh flowers are always in good taste but if not available, weeds, seed pods, leaves, fruits or vegetables may be used.



SETTING FOR A FORMAL DINNER ARRANGED
BY EMILY POST

(See page 870 for rules of service.)

ARRANGING FLOWERS

THE Japanese express flower arranging very simply with their term "Ikebana" which, literally translated, means "living flowers." No matter how formal their flower arrangements are, the Japanese never lose entirely the free-flowing, natural lines of the growing flower or foliage. Low, shallow containers allow a pleasing view of the centerpiece from all angles. If a wire or glass holder is used, it should be sturdy enough to support the blooms without tipping. At an informal meal, the flowers should not extend above 12 inches in height lest they obscure the views of opposite diners. At a formal meal where conversation is not general, and a guest is supposed to converse with those on either



884 side of him, the flowers can be almost any height that is in keeping with the dignity of the room. These general proportions may serve as a guide but should not be followed too literally: let the flowers be approximately $1\frac{1}{2}$ times the height of the vase if the container is tall, or $1\frac{1}{2}$ times the diameter if the container is low and shallow.

Neutral tones of ivory or gray are generally more pleasing than a brightly colored container. If colored, the container should "pick up" a similar tone in the flowers. Simple field flowers, like Queen Anne's lace, daisies and corn flowers, can be as lovely, in their way, as expensive "hot house" flowers, for the arrangement and pleasing combination of colors are more important than the species of flower used. Fruits or vegetables seem more at home in containers of wood, pottery, or such metals as copper or pewter, although at the formal meal, fruits of delicate, exotic species may very well be arranged in exquisite glass, china or silver.

The Fruit Centerpiece. The fruit centerpiece has developed from "just a bowl of cherries" to arrangements and groupings of carefully selected fruits that are masterpieces of color and form. Great bunches of misty blue grapes, little lemon-colored kumquats, russet pears, and the scarlet of fall-ripened apples all combine to excite the eye as well as the appetite. The fruit centerpiece illustrated on the jacket of this book is an example of a pleasing arrangement of fruits. It is generally agreed that a fruit centerpiece is as appropriate as flowers at any meal no matter how formal. The strictly formal meal usually combines fruit and flowers—the flowers in the center and the fruit in low containers spaced at intervals down the table. Vegetables, on the other hand, as striking in their way as fruit, are not often seen at any meal more formal than an evening buffet supper. Artificial vegetables and fruits may be grouped to advantage on tables presenting a modern note, and are very effective against a glass plaque background. Table ornaments may be of pottery or glass.

Candles. White candles are usual at the formal table. Candles 885 of fine, pure beeswax are fragrant when they burn and are popular with discriminating hostesses. When the centerpiece holds flowers of strong, vivid hues, an off-white or ivory candle offers more subdued contrast than stark white. Indirect lighting replaces candles in many modern houses. A striking effect can be obtained by the use of indirect lighting on a centerpiece of crystal fruits, such as frosted grapes, and flowers in amber, rose and other delicate tints.

The type of holder—its material and shape—depends in part on the kind of meal, whether it is formal or informal, and upon accompanying table accessories. At the formal dinner, silver or crystal candlesticks or candelabra are always correct. Glass should reflect the same general pattern and texture of the rest of the table glassware. Metal, appropriate for the informal table, should be matched by at least one or two similar pieces of metal in the table accessories. Pottery must harmonize in color and texture with the majority of pieces of earthenware used throughout the meal. It is a common fault to try to combine cheap pottery candleholders with fine tableware. To avoid a jarring note, the quality of the material in the candleholders should compare favorably with the quality of the rest of the tableware.

AFTERNOON TEA

THE “tea hour,” a pleasant time at which to entertain friends, is well grafted into our way of living, and may serve both for formal and informal entertaining.

Informal Afternoon Tea. When one is asked to “drop in for a cup of tea” one knows that the invitation is informal and that the hour for arrival is arbitrarily set between four and six o’clock. The hostess pours the tea, or, as a gesture of respect, she may ask an older or distinguished friend to preside. A maid brings the tea things on a tray into the drawing room and sets them



886 near the hostess, on a small table laid with a simple cloth; or the hostess may perform that duty herself.

The food will consist of two or three simple breads and cakes arranged on plates which may stand on a "curate" or a small table. Tiny muffins and tea biscuits, hot and buttery, the thinnest of thin bread and butter, or hot toast, and sandwiches such as plain lettuce or cucumber, and little cakes, or strips of fruit cake—these are the foods that find a place at the informal afternoon tea.

"AT HOMES" OR RECEPTIONS

AFTERNOON tea "goes formal" when a hostess wishes to entertain a large number of friends, possibly in honor of a visiting friend, or to settle her social obligations by means of one big "party" with the minimum of expenditure. Servants, or appointed friends of the hostess, see that the guests are served with food and drink. The food may be assembled buffet fashion in the dining room, or on a refectory table pushed against the wall of the drawing room. A fine lace or linen cloth should completely cover the table. Flowers flanked by candles, if a dull day warrants their use, make an attractive centerpiece. All the silver, china, and glass must be sparkling and as fine as the household affords.

The tea service, with accompanying cups and saucers, rests at one end of the table, presided over by friends of the hostess. In most communities ice cream and salads are *not* served at the formal tea; only at the wedding reception which takes place in the afternoon is this rule waived. All manner of sandwiches, minute size, fancy breads, buttered and cut paper thin, little cakes and cookies that amount to confections in size and appearance, and little mouthfuls of French puff pastry, may appear at the formal tea. Hot breads, no matter how delectable, belong at the intimate fireside tea. If cocktails are served in addition to tea or coffee, appropriate savory snacks should be included.



WHEN the guests are seated at one table the general rules for the near-formal luncheon govern the service. If guests are seated at tables for four, service-from-the-kitchen is the only practical method to use; in other words, the food for all courses is brought in already served on the individual plates. When help is limited, a buffet style of service is practical. The food may be served and passed from a table in the living room or from the dining room.

The buffet table should be laid with an all-over cloth or one long runner. Tables for four are set with only the number of pieces of silver actually required during the meal. If knives are not needed, the forks should be transferred to the right side of the plate along with the necessary spoons. The food need not differ in any way from that served at any well-conducted luncheon.

BRIDGE-TEA

WHEN refreshments are served after the afternoon bridge game, only simple things should appear. Elaborate collations that interfere with the dinner appetite are definitely in bad taste. The food should be served and passed as at an informal afternoon tea. The type of food served varies with the prevailing customs in a given community.

BRIDGE SUPPERS

MORE often than not, men are present at the evening bridge party. The successful hostess forgets all she ever learned about dainty tea cakes and inch-square sandwiches and plans a meal that men can understand. The food may be served buffet style or the guests may be invited into the dining room to a sit-down supper.

The supper should have one savory food in it whether it be in the sandwiches or in a main dish like scrambled eggs, or Lobster

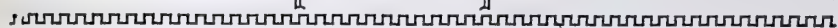
- 888 Newburg. Fruit and cheese or layer cake are preferred by most men to conventional luncheon desserts. And there should be pots and pots of rich, pungent coffee to be served hot or iced according to the season or preference of the guests.

THE COCKTAIL PARTY

YOUR husband, brother or some family friend will superintend the drinks, or, if you are a bachelor girl, a masculine friend—under your supervision. Drinks may be mixed and poured in the kitchen or in the corner of the living room on a small table set with a simple cloth for protection and a tray bearing the necessary mixing ingredients and utensils. (See Wine section, page 834.)

The filled glasses are passed on a tray holding an equivalent number of diminutive cocktail napkins. Each guest removes a napkin with the drink as it is presented to him. Drip protectors may include coasters of some composition impervious to stains from alcohol, or they may be crocheted or knitted “jackets” which fit over the foot or base of the glass. Coasters are passed with the drinks and each guest is requested to take one to use underneath his drink for the protection of the table tops. The “jacket” type of drip protectors are fitted to the glasses before passing them. Note, however, that drip protectors are not used on glasses when alcoholic drinks are served at the table.

At a cocktail party the food served is rightfully termed “snacks.” Besides varieties of simple crackers, salted nuts, olives and popcorn, any savory canapé may put in an appearance. (See section on Appetizers, page 160.) Sandwiches if served should be very small in size to whet the appetite rather than appease it. Sweets, including cake in any form, or candy, are not for the cocktail party—not, as one might suppose, because they are too lady-like; simply that they interfere with the enjoyment of substantial food which properly follows cocktails, either at dinner, or at supper if the party is held in the evening.



THEORETICALLY a bride should be free to plan her own wedding any way she chooses. Practically, she will find it simpler, in the long run, to conform to tradition rather than to experiment with new arrangements.

At a small wedding, the wedding breakfast can be either a buffet or a sit-down meal at which the bridal party and all the guests are seated at one large table. At a large wedding, space permitting, buffet service is maintained for the guests, or small tables to seat four are arranged for them. A special table called the Bride's table is set for the bride and groom and the immediate members of their retinue. Still another table may also be set for the bride's parents and the clergyman, if the bridal party is so large that it is not possible to include the older members of the wedding group at the Bride's table.

Servants and caterers are usually in attendance at the very large wedding. The wedding breakfast is rather elaborate and is essentially formal, conducted according to rules for a formal luncheon. At a small sit-down wedding breakfast the menu may be very simple, if the breakfast comes early in the day. At high noon the meal assumes the character of a luncheon and is somewhat more elaborate. (See Menus, page 862.) At an afternoon reception the food is similar to that served at a formal reception and is served buffet style, passed by servants, or by friends and members of the bride's family.

The wedding cake is the central decorative motif at the Bride's table. It is placed in front of the bride, for she, according to tradition, must cut the first piece. The cake may be surrounded with sprays or garlands of flowers. Very little besides the wedding cake and flowers need be added to the bridal table. A white damask or lace cloth, polished silver, sparkling glass, and little place cards, plain white or edged with silver, are decorations enough for the most elaborate wedding collation.

890 *Seating the Wedding Guests.* At a wedding no matter how formal, the bride and groom take precedence over all others present. At the Bride's table, the bride and groom are seated together, the bride on the groom's right, either at one end or at one side of the table. On the bride's right is the best man; on the groom's left is the maid of honor; then come the bridesmaids and ushers in order around the table.

At the bride's parents' table, the mother of the bride is hostess and on her right sits the groom's father. The bride's father is host, and on his right sits the groom's mother. The clergyman, if present, sits at the hostess's left and the clergyman's wife at the left of the bride's father.

If the entire bridal party is seated at one large table, it is customary for the bride and groom to be seated together at the head of the table, the bride on the groom's right; while the bride's father and the mother of the groom are seated at the opposite end of the table facing the bride and groom, the groom's mother on the right of the bride's father. The clergyman is put on the right of the groom's mother while the clergyman's wife is opposite him on the left of the bride's father. The best man is on the bride's right; the maid of honor is on the groom's left. Bridesmaids and ushers are placed alternately along the sides of the table. The bride's mother also sits on one side of the table between the clergyman and the groom's father.

At the well-planned wedding, a diagram of the seating arrangement is drawn and place cards are used to aid the guests in finding their places. At very large weddings place cards are used at the Bride's table and at the table for the bride's and groom's parents. Cards are not used at smaller tables where the guests are free to find places for themselves.

The Herb Garden

OUR Colonial forefathers called them *yarbs*. The dictionary accepts *herbs* or *erbs* as the correct pronunciation. Fine cooks know them by their first names—basil, marjoram, mint, chervil, anise and sage—those fragrant, spicy or pungent plants that grow like soldiers in cultivated herb gardens or spread with abandon in shady nooks or sandy soil.

Anyone with a tiny patch of cultivable ground, a rock garden or sunny window box, can rediscover the delights of growing “pot” and salad herbs. Many of them come dried and packaged ready for use. A few of the more commonly known herbs, like chives, parsley and mint, are available fresh in many markets. But no one who has ever “raised” herbs, can deny the æsthetic and culinary satisfaction of being able to snip fresh from the plant a sprig of sweet marjoram, a spray of rosemary, or a leaf of tarragon. To “put by” for future use, herbs can be successfully dried at home and often are superior in flavor to the packaged herbs.

To Dry Herbs. Gather the herbs in the morning after the dew has gone and, unless the blossoms are to be used, just before the plants blossom. Spread the leaves and stalks on a screen, or muslin stretched between wooden frames, and dry for 2 or 3 days in an airy attic or any place where there is a free circulation of air away from the direct rays of the sun. Overdrying tends to parch and destroy the flavor of the essential oils in the leaves. Strip the leaves from the stalks and store in airtight glass or tin containers;

- 892 glass is preferable, for if the leaves are not thoroughly dry, moisture forms on the inside of the glass indicating that the herbs require further drying. If a very fine, dry and powdered herb is desired, the leaves may be dried in a very slow oven and then rubbed to a powder.

HERBS IN COOKERY

A **BOUQUET** or *bouquet garni* is frequently called for in soups, pot roasts and stews. Several fresh or dried herbs are tied in a small bunch, or if loose seeds are included, in a cheesecloth bag, and dropped into the kettle while the food cooks; the herbs are removed when the flavor has impregnated the food. A usual combination is parsley, thyme, bay leaf, and sometimes fresh or dried celery leaves. When basil, marjoram, rosemary, chervil, fennel or lemon balm are experimented with in different combinations, they bring new food flavors.

The cooking term *fines herbes* is applied to a selection of fresh herbs chopped fine and either sprinkled over the food as it cooks or combined with the sauce or gravy. The Creoles are famous for their Herb Gumbos—rich, chowder-like soups made of a combination of vegetables and herbs—and for their fragrant omelets cooked *aux fines herbes*.

The Creoles are also credited with the creation of herb brandy infusions for flavoring meats, soups and sauces. In the south of France, along the Mediterranean, similar herb brandies have been in use for many centuries. Fine chefs know this trick of adding a teaspoon of herb brandy to a savory soup or stew.

To prepare herb brandy gather fresh leaves or sprays of thyme, mint, marjoram, basil, rosemary and chervil and drop them into a jar half-filled with brandy. Cover and let "steep" for a day or two in a cool place. Then remove the leaves and add fresh ones. Repeat the process until the brandy has taken on the strong pungent flavor of the herbs. A teaspoon added to salad dressing, or butter or cheese sandwich spreads, makes a subtle, scarcely dis-



tinguishable flavor, yet none the less evident to the educated palate. 893

French cooks, for whom any culinary task is worthwhile provided it contributes an extra ounce of flavor to the food, prepare Herb Butters for seasoning fish, steaks and broiled oysters. The minced tender leaves of fresh chives, fennel, chervil, tarragon and marjoram and a few crumbs of dry bread are ground with a pestle in a mortar and a drop or two of brandy, or an aromatic liqueur is added to the mixture. It is then blended with butter and forced through a fine sieve. (The crumbs and liqueur help distribute and hold the flavor of the herbs in the butter.) The mixture is chilled and rolled into balls with wooden butter paddles. A ball of herb butter is placed on piping hot steak or broiled fish and allowed to melt into it, or the mixture is used as a savory cracker or sandwich spread.

Herb teas were favorite "pick-me-ups" used by housewives in bygone days. These herb infusions continue to fulfill a refreshing, soothing function when a mild, hot and aromatic beverage is required. Camomile, lemon balm, sage and orange juice, and peppermint teas are made by pouring boiling water over the fresh or dried leaves which are allowed to steep until the desired infusion is obtained.

HERBS FOR SPECIAL DISHES

Both the leaves and the seeds of some herbs are used in cookery. Some of the principal ones are listed at the end of this section. They by no means represent the sole uses of culinary seeds and herbs. The fun in cultivating herbs comes when new combinations and uses in cookery are discovered.

The following herbs and seeds are used in savory dishes and salads:

Soups—Basil, bay, caraway seeds, chervil, chives, cloves, coriander seeds, marjoram, mint, parsley, peppercorns, rosemary, savory, tarragon (with tomato) and thyme (particularly with onion).

Sauces—Bay, chervil, chives, curry powder, horseradish, mace, parsley, saffron (principally to impart a yellow color), and tarragon (in vinegar or wine sauces, or in French dressings).

894 **Eggs**—Basil, chervil, chives, marjoram, parsley, rosemary and tarragon.

Fish—Basil, bay, chervil, chives, dill, fennel, lemon balm, marjoram, mint, parsley, peppercorns and tarragon.

Meat, Poultry and Game—Anise, basil, bay, chervil, chives, horseradish, lemon balm, mace, marjoram, mint (with lamb), parsley, peppercorns, rosemary, sage, tarragon (poultry and game) and savory and thyme with roast meat, poultry and fish.

Vegetables—Basil (particularly good with tomatoes, boiled potatoes and peas), bay (with tomatoes), marjoram, mint (with peas, carrots and green vegetables), rosemary, sage (with vegetable-cheese dishes), tarragon (usually with vinaigrette vegetables), thyme (particularly good in scalloped dishes).

Salads—Anise (leaves), basil, borage, burnet, chervil, chives, fennel, lemon balm, mint, parsley, rue, sorrel and tarragon.

Candies and Confections—Horehound, angelica, coriander, caraway, anise and sesame seeds and the mint-flavored herbs, including spearmint, pineapple mint and lemon mint (bergamot).

CULINARY HERBS, SEEDS AND CONDIMENTS

Allspice—The ground berry of a small West Indies tree; in flavor, a mixture of cloves, cinnamon and nutmeg.

Angelica—Stalks and leaves are candied, or used fresh or dried, in herb tea.

Anise—Slight flavor of licorice; leaves used fresh or dried in salad and herb tea; seeds in breads, cakes, savory stews and soups.

Basil, sweet—Leaves have sweet, slight flavor of cloves; very beautiful flowers; both leaves and flowers used fresh or dried in salads; leaves, in savory foods.

Bay, sweet—Aromatic leaves used fresh or dried in vegetables, soups and all savory foods.

Balm, common—Lemon-scented leaves used fresh or dried in meat, fish and salad dishes; also called lemon balm.

Borage—Leaves have cucumber taste—used fresh or dried in salads; flowers crystallized and used in cakes and confections, and dried for use in potpourris.

Burnet—Young leaves have cucumber taste—used fresh in salads and vinegars. 895

Camomile—Leaves and flowers used usually dried, in herb tea.

Capers—Pickled flower buds of the caper shrub grown in Southern Europe; used in meat and fish sauces.

Caraway—Seeds dried, aromatic and similar to anise in flavor, are used in cakes, confections, soups.

Cardamom—Seeds used in honey-flavored dishes.

Cassia—A spice similar to cinnamon, stronger and more pungent.

Catnip—Leaves used, fresh or dried in herb tea.

Chervil—Leaves resemble and taste like mild parsley—used fresh or dried wherever parsley is indicated.

Chives—Green tops taste like mild onion—used in savory foods and salads.

Cinnamon—Ground or bark spice from the inner bark of a small, tropical evergreen tree; mild flavor and fragrant.

Cloves—The dried flower buds of the tropical clove tree; sharp, pungent and aromatic; used whole or ground.

Coriander—Seeds used in cakes and confections; flavor and odor of seeds unpleasant until fully matured and dried.

Cumin—Aromatic seed resembles caraway in appearance and flavor; used in pickles, soup and pastry.

Curry Powder—A dry, yellow powder; combination of herb seeds and spices—used in stews and sauces.

Dill—Aromatic seeds and leaves; seeds used in pickles and savory foods; leaves used fresh or dried in pickles, fish cookery and salads.

Fennel, sweet—Somewhat like anise in flavor; leaves used fresh in salads; seeds used in pickles and savory foods, especially fish; **Florence Fennel**, similar to celery in looks and tastes faintly of licorice; used cooked as vegetable and fresh in salads.

Filé—Powdered leaves of sassafras; cooks dark green, thick and slippery. Used in Creole cookery, especially gumbos.

896 **Garlic**—Pungent, bulbous herb of the lily family; bulbs are divided into cloves or segments; flavor strong, similar to onion. If garlic is well browned before combining with savory foods, the flavor will be less pronounced.

Ginger—Powdered or root from the underground stem of the tropical ginger plant; used as spice and in confections.

Horehound—Leaves used in candy and fresh in herb tea.

Horseradish—Young, tender leaves used fresh in salad; root is strong and pungent and is usually combined with vinegar to make a meat sauce or pickle.

Hyssop—Leaves used fresh to flavor vegetables and salads.

Lemon balm—See Common Balm.

Loveage—Stems used, like angelica, for flavoring and confections.

Mace—The inner envelope of nutmeg; used dried as blade mace, and ground, in soups, sauces, savory food, pickles and pastry.

Marjoram—Leaves, fresh or dried, used in soups, stews, etc. Fresh young leaves used in salads; sometimes called "pot marigold."

Mustard—Young, tender leaves used in salads. Seeds ground, very hot to taste and used as seasoning or mixed to paste as meat accompaniment. The French mix ground mustard with wine or tarragon vinegar until smooth and creamy.

Mint—Several species, including **Spearmint** (common cooking mint), **Peppermint**, **Pineapple mint** and **Pennyroyal**; used fresh in cocktails, salads, jellies, confections and meat dishes.

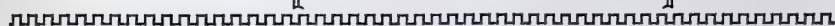
Nasturtium—The half-ripened seeds are added to mixed and mustard pickles—pungent flavor. Tender leaves and stems and flowers of dwarf nasturtium used in salads.

Nutmeg—Seeds used whole or ground in savory or sweet foods, where mild, spicy flavor is desirable.

Paprika—From Hungarian red pepper; a brilliant red powder used to flavor meats and garnish fish and vegetables.

Parsley—Leaves used fried or fresh in salads and all savory foods.

Peppercress—Fresh leaves used in salads and sandwiches.



Pepper—Black pepper is the ground whole peppercorn—the dried berry from the pepper plant. **White** pepper is less pungent than black and is the ground inner portion of the berry with the black outer coat removed. **Cayenne** pepper comes from a small species of capsicum and is red and very hot. 897

Rue—Blue-green leaves used fresh or dried in salads and vegetables.

Rosemary—Leaves and stems are used dried or fresh in sweet and savory foods. Foliage very fragrant for potpourris.

Saffron—A yellow powder derived from an herb and used to color cakes and confections.

Sage—Leaves used fresh or dried in stuffings or sprinkled over roasts. Also used in herb tea. French peasants sometimes lay sprays of dried sage around and under a roast, resting on a rack on a platter. They set fire to the sage at table, to let the fragrant fumes penetrate the meat and the room.

Savory, Summer—Leaves used fresh or dried to flavor meats and stuffings.

Sorrel—Young leaves used in salads and cooked as greens.

Tansy—Young, green leaves, strong and spicy, used to flavor cakes and puddings. According to an ancient custom, tansy cakes are made at Easter time in England.

Tarragon—Fresh or dried leaves, hot and pungent, are used in salads, vinegars, and savory egg, meat and fish dishes.

Thyme—Fresh or dried leaves used in stuffings and in savory meat and fish dishes. Fresh leaves used to garnish salads.

Truffles—Species of fungi grown underground, average size that of a small plum; lacks roots and stems; aromatic and piquant for seasoning and garnishing meats.

Turmeric—Yellow powder obtained from the root of the turmeric plant; used in pickles and condiments.

The Well-Equipped Kitchen

ALMOST any kitchen, even though it cannot be rebuilt or refurnished with new equipment, can be arranged to eliminate waste motions and unnecessary fatigue. One basic principle to remember is that the ideal kitchen has a large amount of free wall space in proportion to the floor space. This provides space for cabinets and such equipment as range, refrigerator, sink, etc., and for a minimum amount of travel from one work area to another.

Stationary equipment should be thoughtfully placed for a consistent routing of processes from one area to another. In arranging your kitchen, keep in mind the fact that equipment (1) should be stored as near as possible to the place where it is used most often; (2) that it should be placed so that it is easier to use it than not. Whenever possible store equipment so that it can be quickly reached with one hand. This is best illustrated by the letter-file system of storing flat pieces of equipment such as trays, baking sheets and covers. A drawer or cabinet provided with vertical compartments can be opened with one hand and the piece of equipment removed with the other in one motion. Lists of desirable kitchen equipment follow. The equipment has been grouped as it might be stored—near a logical work center.

THE WELL-EQUIPPED KITCHEN

ARRANGEMENT OF EQUIPMENT

899

NEAR FOOD PREPARATION CENTER

TOP CABINETS

Small containers for food storage	Food grater
Revolving tray with covered jars for spices, nuts, etc.	Measuring cups
Mixing bowls	Pint and quart measures
	Earthenware or glass pitchers and covers

On or at level with working surface: electric mixer and attachments

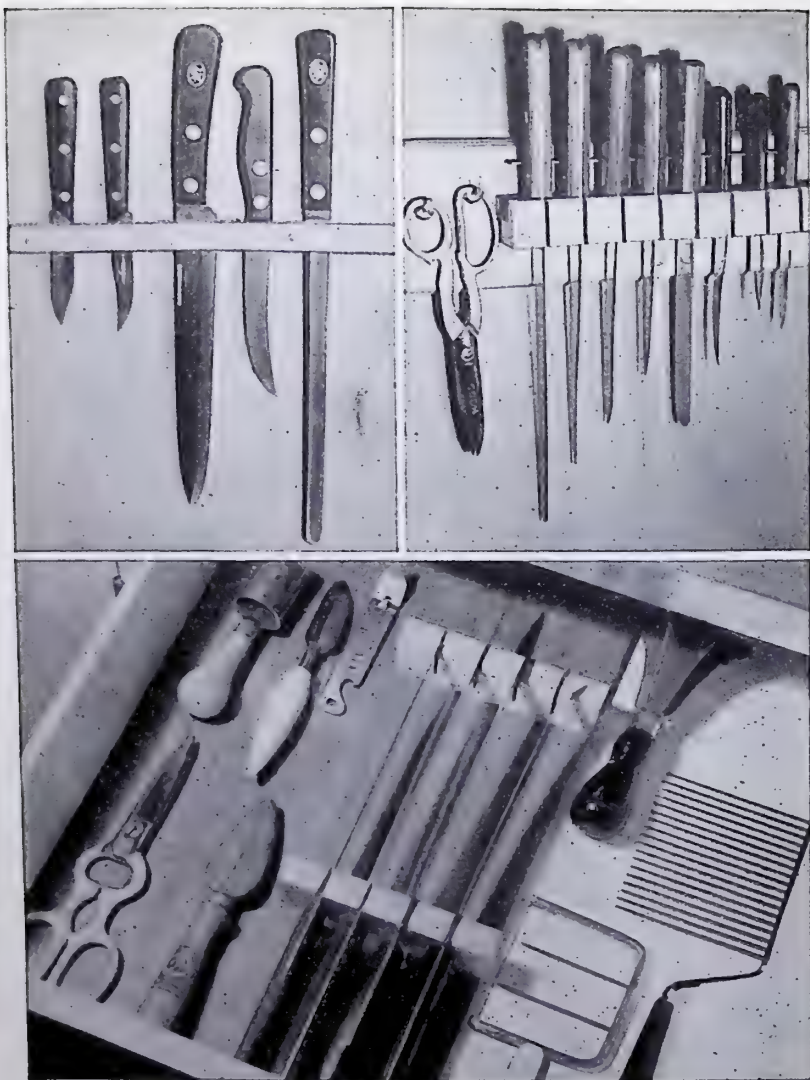
LOWER CABINETS

Lower Cabinets and deep drawers

Flour cannisters and sifter
(may be on top)
Bread box
Bread board
Chopping board
Pastry board
Rolling pin
Angel cake pan
Spring form pans
Loaf pans
Gelatin molds
Tart pans
Potato ricer
Earthenware casseroles
Heat-proof glass casseroles
Ramekins
Custard cups
Filed in vertical compartments:
muffin pans
cookie sheets
pie tins
cake pans, oblong and square
cake racks
extra pot covers
trays
extra platters
steak plank

In Drawers or hanging up

Egg beater
Egg whisk, flat wire
Set of measuring spoons
Wooden and metal mixing spoons
Cake tester
2-tine forks
Apple corer
Biscuit cutters
Vegetable ball cutter
Bottle opener and cork screw
Small funnel
Shears
Meat cleaver
Pastry bag
Pastry blender
Parchment paper
Skewers
Wooden knife rack (in drawer or on
wall above work table):
paring knives
utility knife
chopping knife
French carving knife
carving knife
bread knife
grapefruit knife
spatula



CUTLERY STORED FOR EFFICIENCY

Select the storage method best suited to your equipment:

A shallow drawer with a knife rack in center and space on either side for other small cutting and chopping equipment.

A built-in rack, inside the cabinet door that swings open over the working surface.

A wooden rack, which can be hung near the sink or the mixing unit, as you prefer.

THE WELL-EQUIPPED KITCHEN

NEAR SINK

On Wall

Paper towel rack
Can opener (wall attachment)
Knife sharpener (wall attachment)
Rubber plate scraper
Bottle brush
Vegetable brush

In Drawer

Can opener
Bottle opener
Dish towels
Dish cloths

In Cupboards

Dishpan
Scouring materials
Garbage pail
Garbage bags
Colander
Strainers
Food purée
Funnel
Wire baskets
Extra tray
Wire dish drainer

901

NEAR RANGE

In Cabinets

Saucepans with covers
(1-, 2-, 3-quarts)
Large cooking kettles
Double boilers, large and small
Steamer cooker
Coffee maker
Deep frying kettle and basket
Dutch oven
Pot holders

In Cabinet Drawers

Vegetable tongs
Large fork
Ladle
Large cooking spoons
Draining spoon

In Separate Compartment

Oven thermometer
Meat thermometer
Fat thermometer
Candy thermometer

On Range

Tea kettle
Set of salt and peppers
Electric timer

In Utility Drawer in or near range

Frying pans
Roasting pan
Asbestos mats
Meat grinder
Iron gem pans

NEAR REFRIGERATOR

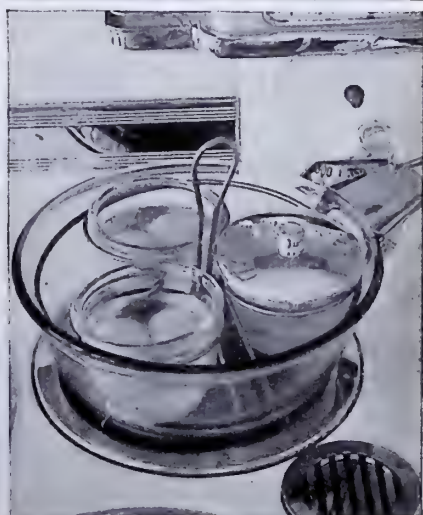
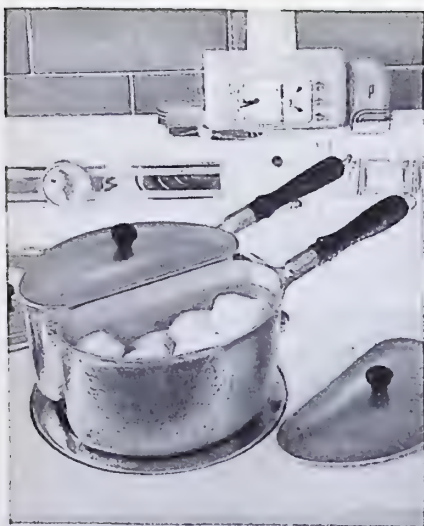
Vegetable bin
Large wire baskets
Revolving tray with covered
glass dishes
Covered food dishes

Cellophane bags
Oil silk zipper bags
Refrigerator thermometer
Ice pick
Water bottle

MISCELLANEOUS

Electric roaster
Chafing dish
Scales
Waffle iron

Ice cream freezer
Ice bag and mallet
Preserving kettle
Pressure cooker



EQUIPMENT FOR THE WELL-DRESSED KITCHEN

Top Left: Double saucepans in cast aluminum conserve fuel and save space when range area is limited.

Top Right: Electric range with deep-well cooker that cooks on the fireless cooker principle; stainless steel tea kettle.

Lower Left: Oven-set of aluminum pots with flat tops for stacking in the oven; also used for top-stove cooking.

Lower Right: Nested egg cups of heat-proof glass fit neatly into a heat-proof glass saucepan with removable handle.

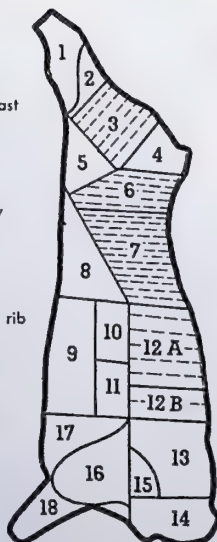
What to Buy

KNOWING how to buy wisely and well is one of the surest ways of taking tucks in the family food budget. Whether a homemaker shops by telephone or in person, she should know something of the daily market supply and demand. Fruits and vegetables in season are usually lower in price than out-of-season products. With foods sold both graded and ungraded, the food purchaser should be a good judge of quality. She should be interested in informative labelling and guided by it in her buying. It is equally important to know how much to buy. Some foods can be purchased in quantity and stored for future use. Others, such as perishables, must be bought in small amounts. She should know how to store both staples and perishables in order to retain their full food value and flavor.

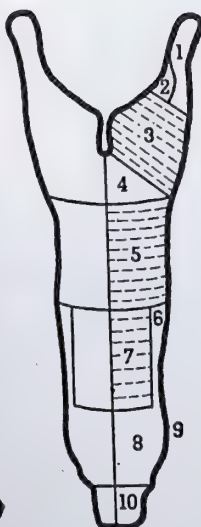
Much of such practical information is included in this section. The tables that follow contain data that will assist in the actual planning of meals as well as in the judging of quality and amounts to buy for individual and family needs. For instance, the tables on beef, veal, lamb, mutton and pork, with retail cuts arranged according to relative cost, provide information on the cut and quantity to buy for steaks, chops, roasts and stews, suitable for two or more people. Similar tables include information on the buying of poultry, eggs, fish, shellfish, vegetables, cheese and beverages. Data are also included on amounts and equivalent sizes of canned foods, on the equivalent measure per pound of fruits and many food staples such as flours, cereals and sugars—all of which is helpful information in determining amounts to buy.

Chart A—BEEF Chart B—VEAL

- 1—SHANK—Stew
- 2—HEEL OF ROUND—Stew
- 3—ROUND—Steaks, Pot Roast
- 4—BONELESS RUMP—Roast
- 5—TOP SIRLOIN—Pot Roast
- 6—SIRLOIN—Steak
- 7—PORTERHOUSE—Steak
- 8—FLANK—Steak and Stew
- 9—NAVEL—Stew, Boiling
- 10—THICK PLATE—Stew
- 11—CORNER PIECE—Braise
- 12—PRIME RIB—8 rib
 - A—Prime Rib Roast—6 rib
 - B—Blade Roast—2 rib
- 13—CHUCK—Pot Roast
- 14—NECK—Stew
- 15—TOP CHUCK—Pot Roast
- 16—CROSS RIB—Pot Roast
- 17—BRISKET—Boiling
- 18—FORE SHANK—Stew

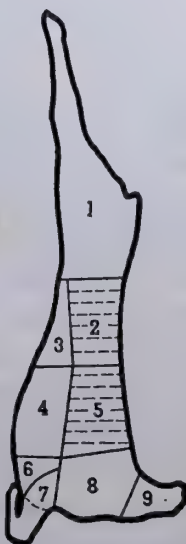


- 1—SHANK—Stew
- 2—HEEL—Stew
- 3—ROUND—Cutlet
- 4—RUMP—Roast
- 5—LOIN—1 rib, Chops
- 6—BREAST—Stew
- 7—RACK—8 rib, Chops
- 8—CHUCK—Roast
- 9—FORE SHANK—Stew
- 10—NECK—Stew



RETAIL MEAT-CUTTING

- 1—LEG—Roast
- 2—LOIN—1 rib, Chops
- 3—FLANK—Stew
- 4—BREAST—Stew
- 5—RACK—8 rib, Chops
- 6—BRISKET—Stew
- 7—SHANK—Stew
- 8—SQ. CHUCK—Roast
- 9—NECK—Stew



- 1—HIND FEET
- 2—HAMS
- 3—LOIN BUTT
- 4—FAT BACK
- 5—PORK LOINS
- 6—LEAF FAT
- 7—CLEAR BELLIES
- 8—SPARE RIBS
- 9—BRISKET
- 10—NECK BONES
- 11—BOSTON BUTT
- 12—PICNIC BUTT
- 13—N. Y. STYLE SHOULDER
- 14—PICNIC
- 15—JOWL BUTTS
- 16—FORE FEET



Charts—Courtesy of —
U. S. Dept. of Agriculture

Chart C—LAMB Chart D—PORK

TABLE XXI
BEEF—PURCHASING GUIDE

RETAIL CUT ¹	AVERAGE SIZE ²		QUALITIES AND DESCRIPTION	PREPARATION	PORTIONS ³ PER CUT OR WEIGHT PER PORTION
	THICK- NESS	WEIGHT			
Steaks—tender	<i>inches</i>	<i>pounds</i>	Very tender, juicy; excellent flavor, choice cuts	Dry heat, quick-cooking:	$\frac{1}{2}$ -1 lb. per portion
Porterhouse	1-2	2-4	T-bone, eye muscle, tenderloin, and flank end. Tenderloin becomes smaller toward shoulder	Broil, pan-broil, plank	3-5
Club steak	1-2	1 $\frac{1}{2}$ -3	Rib-bone and large eye muscle, no tenderloin		2-3
Sirloin	1-2	2 $\frac{1}{4}$ -5	Large, derive names from shape of bone; small tenderloin, more connective tissue and fat		3-6
Minute steak	$\frac{1}{2}$ - $\frac{3}{4}$	$\frac{3}{4}$ -1	Any small tender steak		1, or 2 small
Steaks—less tender			Less tender, but juicy and well-flavored in young, choice beef	Dry heat, quick-cooking for cuts from better grade of young animals:	$\frac{1}{2}$ -1 lb. per portion
Top round steak	1	1 $\frac{3}{4}$ -2	The large and most tender muscle of leg used for individual Swiss steaks		3-4
Round steak (full cut)	$\frac{1}{2}$ -1		Not used in New York; a Chicago cut; lean—little waste; av. wt., 2-2 $\frac{1}{2}$ lb.	Broil, pan-broil	4
Top sirloin steak	1	1 $\frac{1}{2}$	Triangular muscle, no bone, fairly tender and juicy		2
Flank steak	$\frac{1}{2}$	1 $\frac{3}{4}$ -2	Large coarse muscle, fibers running lengthwise; boneless, some fat, scored across fibers; braise	Moist heat for cuts from less choice or older animals:	3-4
Chuck steak	1	2	More bone and fibers run in various directions; low in fat	Braise	2-3
Roasts—tender			Tender, juicy, good flavor	Dry heat: Roast	$\frac{1}{2}$ - $\frac{3}{4}$ lb. per portion

TABLE XXI—CONTINUED
BEEF—PURCHASING GUIDE

RETAIL CUT ¹	AVERAGE SIZE ²		QUALITIES AND DESCRIPTION	PREPARATION	PORTIONS ³ PER CUT OR WEIGHT PER PORTION
	THICK- NESS	WEIGHT			
Rib roast (1st 6 ribs)			Choicest cuts of fore- quarter; large eye mus- cle and rib-bone muscle become smaller and coarser nearer shoulder blade.	Dry heat: Roast	
Standing	1 rib	3½			4
Rolled		2½			
Standing	2 ribs	6½			6
Rolled		5			
Standing	3 ribs	9½	Large section of shoulder blade bone, also called chuck end of rib roast		8-10
Rolled		8			
Blade rib roast (7-8th rib)	2 ribs	10¾			8-10
Rolled		7			
Roasts—less tender			Less tender but of good quality; juicy and well flavored in young, choice beef	Dry heat for cuts from better grade of young beef: Roast	½-¾ lb. per portion
Round-bot- tom	3-8	5-13	Two smaller muscles from outside of leg; little fat; not as choice as top round	Moist heat for cuts from less choice or older ani- mals: Braise, pot- roast	6-12
Top sirloin	2-4	4-7	Triangular muscle separ- ating rump from round; no waste		4-8
Rump (bone- less)		4	Hip-bone removed		4-6
Cross rib roast	4-8	4-8	Cut made across ribs at right angles to chuck rib roast and chuck roast, with round bone and cross sections of ribs		4-8
Top chuck		5-6	Top chuck roast has shoulder bone, connec- tive tissue; low in fat		5-6
Chuck	2-4	4-8	Shoulder blade and back- bone; fibers run in dif- ferent directions; con- nective tissue, high in bone	Dry heat: Roast, broil	3-6
Tenderloin ⁴		4-6	Muscle usually not re- moved from a choice loin; usually from an inferior loin; no bone and fat; price per lb. high, but no waste		½ lb. per portion
Fillet Mignon		3 per lb.			

TABLE XXI—CONTINUED
BEEF—PURCHASING GUIDE

RETAIL CUT ¹	AVERAGE SIZE ²		QUALITIES AND DESCRIPTION	PREPARATION	PORTIONS ³ PER CUT OR WEIGHT PER PORTION
	THICK- NESS	WEIGHT			
	<i>inches</i>	<i>pounds</i>			
Miscellaneous— Stews, etc.			Less tender and tough cuts	Moist heat, long slow cooking:	$\frac{1}{2}$ – $\frac{3}{4}$ lb. per portion
Boneless stew meat		any weight	Chuck, flank steak, heel or round	Stew, boil	$\frac{1}{3}$ lb. per portion
Chuck			Good quality meat; very good for stew		$\frac{1}{2}$ lb. per portion
Ground meat			Neck, shank, brisket, heel of round, flank	Hamburg, meat loaf	$\frac{1}{3}$ lb. per portion
Flank			Entire flank with steak; about $\frac{1}{2}$ fat and car- tilage; one of cheapest cuts	Braise, stew, boil, grind; corned	$\frac{3}{4}$ lb. per portion
Heel of round (horse- shoe cut)			Weighs 4–6 lb.; lean, boneless; not used in New York	Pot roast, stew, grind	$\frac{1}{2}$ lb. per portion
Brisket Boneless	3–6	2 $\frac{1}{2}$ –5	If unboned it contains breast bone and ribs; much fat; poor for stew	Corned; boil, grind	$\frac{3}{4}$ lb. per portion
Plate	3–6	3–6	Includes corner piece, thick plate and navel; fat and lean in alter- nate layers; poor for stew	Boil; corned	$\frac{3}{4}$ lb. per portion
Neck		any weight	Many bones and little meat; poor cut for stew	Boil; soup, mincemeat	$\frac{3}{4}$ lb. per portion

¹New York Method of Retail Cutting. Cuts arranged in order of relative cost from the more expensive to the cheaper cuts; based generally on average retail prices for a given date and place issued by the United States Department of Agriculture.

²Data obtained through the combined efforts of the United States Bureau of Agricultural Economics and several commercial organizations. Figures apply to a U. S. Choice Grade Steer (beef) weighing 675–700 pounds.

³This column shows number of portions in retail cuts or the usual weights of one portion; in roasts and other large cuts it is economy to plan for left-overs.

⁴Tenderloin is not removed from choice grade beef for usual retail trade; it may be removed for fancy trade; the remaining loin is cut into minute or small steaks.

GOVERNMENT INSPECTED MEATS

All meats destined for interstate commerce must be government inspected and stamped with a circular purple stamp, marked "U.S. Insp'd & P's'd." This purple stamp means that the Bureau of Animal Industry has inspected and passed the animal carcass as healthy and free from disease. Government graded meat of any given grade is reasonably uniform in quality throughout the country and the standard does not change from season to season.

TABLE XXII
VEAL-PURCHASING GUIDE

RETAIL CUT ¹	AVERAGE SIZE ²		QUALITIES AND DESCRIPTION	PREPARATION ³	PORTIONS ⁴ PER CUT OR WEIGHT PER PORTION
	THICK- NESS	WEIGHT			
Chops and steaks	<i>inches</i>	<i>pounds</i>			
Steak or cutlet	1-2	1¼-2½	Choice flavor; most economical cut; from leg	Dry heat at low temp. for choice cuts rubbed with fat; well done: Broil, pan-broil Moist heat at low temp.; well done: Braise	½-¾ lb. per portion
Loin and kidney chops	¾-1	3 per lb.	Very choice, with or without kidney attached; corresponds to porterhouse		3-6
Rib chops	¾-1	3 per lb.	Choice, lean, fine-grained with connective tissue; one-rib chops		2-3
Shoulder chops	¾-1	2 per lb.	Fine flavor; bone; muscle grain in different directions		2-3
Roasts					
Leg without rump	Whole	15-17 10-12	Good flavor; sold in different weights; little waste without rump	Dry heat at low temp.; well done: Roast	½-¾ lb. per portion
Loin (kidney)	Split	3½	Choice, with or without kidney; flank included in larger carcass		3-4
Rib or hotel rack	8 ribs	3	Rather thin for roasting; eye muscle small		2-3
Shoulder (boned)		6-7	Fine flavor; more satisfactory if boned	Moist heat at low temp. for tougher cuts: Braise	6-8
Rump		5½-6	Good flavor; large irregular bone, often removed and rolled		5-6
Breast (pocket)		4-5	Fair quality; often contains flank		4-6
Miscellaneous Stews, etc.			Less tender and tough cuts	Moist heat, long slow cooking: Stew, boil	½-¾ lb. per portion
Boneless stew		any weight	Shoulder good for stew; cut in 1- to 1½-inch pieces		¼-⅓ lb. per portion

TABLE XXII—CONTINUED
VEAL-PURCHASING GUIDE

RETAIL CUT ¹	AVERAGE SIZE ²		QUALITIES AND DESCRIPTION	PREPARATION ³	PORTIONS ⁴ PER CUT OR WEIGHT PER PORTION
	THICK- NESS	WEIGHT			
Breast	<i>inches</i>	<i>pounds</i> any weight	See Breast (above)	Stew, boil, grind	½ lb. per portion
Heel of round		any weight	Solid meat, coarse	Stew, boil, grind	⅓-½ lb. per por- tion
Shanks (knuckle)		3	Little meat and much bone and gristle, gela- tinous; fore and hind shanks	Stew, boil, grind; pressed	1 lb. per portion
Neck		any weight	Little meat; poor for stew	Stew; soup	½-¾ lb. per por- tion

¹Standard Method of Retail Cutting. Cuts arranged in order of relative cost from the more expensive to the cheaper cuts. Based generally on average retail prices for a given date and place issued by the United States Department of Agriculture.

²Data obtained through combined efforts of the United States Bureau of Agricultural Economics and several commercial organizations. Figures apply to U. S. Good to Choice Grade veal carcass weighing 85 to 100 pounds.

³Veal is lacking in fat; to broil or roast, rub surface well with fat and use lower temperature than for beef.

⁴This column shows number of portions in retail cuts or the usual weight of one portion.

TABLE XXIII
LAMB AND MUTTON

RETAIL CUT ¹	AVERAGE SIZE ²		QUALITIES AND DESCRIPTION	PREPARATION	PORTIONS ³ PER CUT OR WEIGHT PER PORTION
	THICK- NESS	WEIGHT			
Lamb chops	<i>inches</i>	<i>pounds</i>			
Loin	¾-1	¼-½	Tender, juicy; corres- ponds to porterhouse in beef; little waste; little bone, more lean than rib	Dry heat, quick cooking: Broil, pan-broil, plank, fry	1-2 chops per por- tion
Double loin	1½-2	⅔-¾	English lamb chop cut en- tire width of loin—not split—boned, skewered and kidney half on top		

TABLE XXIII—CONTINUED
LAMB AND MUTTON

RETAIL CUT ¹	AVERAGE SIZE ²		QUALITIES AND DESCRIPTION	PREPARATION	PORTIONS ³ PER CUT OR WEIGHT PER PORTION
	THICK- NESS	WEIGHT			
Lamb chops —cont. Rib	<i>inches</i> $\frac{3}{4}$ -1	<i>pounds</i> $\frac{1}{4}$ - $\frac{1}{3}$	Tender, juicy; one rib. Frenched chop — meat scraped from end of bone, cut off or wrapped		1-2 chops per por- tion
Double rib	$1\frac{1}{2}$ -2	$\frac{2}{3}$ - $\frac{3}{4}$	Two ribs in double chop		
Hip	$\frac{3}{4}$ -1	$\frac{1}{3}$ - $\frac{1}{2}$	When leg is too large, loin end may be cut into chops		
Shoulder	$\frac{3}{4}$ -1	$\frac{1}{3}$ - $\frac{1}{2}$	Less tender; good flavor; fibers in different direc- tions; for Saratoga chops, shoulder is boned, rolled, skewered and sliced		
Mutton chops			Mutton should be aged 2 to 5 weeks; coarser fib- ered and stronger flav- ored than lamb	Dry heat, quick cooking: Broil, pan-broil	1-2 chops per por- tion
Loin	$\frac{3}{4}$ -1	$\frac{1}{3}$ - $\frac{1}{2}$	Aged 4 weeks, see lamb loin chops		
Double loin or English mutton chops	2	1	Aged 4-5 weeks; tender and delicious		
Rib	$\frac{3}{4}$ -1	$\frac{1}{3}$ - $\frac{1}{2}$	Aged 4 weeks		
Double rib	$1\frac{1}{2}$ -2	$\frac{2}{3}$ - $\frac{3}{4}$	Aged 4-5 weeks		
Roasts—Lamb					
Loin (Saddle)	Single	4	Tender, choice; little waste	Dry heat: Roast	$\frac{1}{2}$ - $\frac{3}{4}$ lb. per por- tion
Loin	Dou- ble	7-8	See loin, single		5
Rib (hotel rack)	Dou- ble	5-6	Tender, juicy; bone to lean meat high		8-10
Crown, lamb	14-16 ribs	4-6	Both sides of ribs; verte- brae removed, rib ends Frenched, ends sewed with ribs outside		4-5
					4-6

TABLE XXIII—CONTINUED
LAMB AND MUTTON

RETAIL CUT ¹	AVERAGE SIZE ²		QUALITIES AND DESCRIPTION	PREPARATION	PORTIONS ³ PER CUT OR WEIGHT PER PORTION
	THICK- NESS	WEIGHT			
Roasts—Lamb —cont. Leg	inches	pounds			
	Whole	6-8	Choice, little bone and fat; corresponds to rump, round and shank of beef		7-8
Square chuck	Split	5-7	Slightly less tender, good flavor, more bone	Moist heat: Braise, stew, boil	4-6
Mock Duck			Shoulder and fore shank; bones removed; molded, sewed into shape of duck	Roast	
Breast (with pocket)	Whole	2-4	Less tender, coarser grained; much fat and bone; pocket made at flank end, or breastbone is removed	Braise, stew, boil, roast	3-6
Roasts— Mutton Loin (saddle)	Single	5-6	Aged 5 weeks, see lamb, loin roast	Dry heat: Roast	$\frac{1}{2}$ – $\frac{3}{4}$ lb. per por- tion
	Double	10-12	Aged 5 weeks		
Leg		10-12	Aged 5 weeks; less tender than lamb	Moist heat: Boil	
Miscellaneous: Stews, etc.			Less tender, coarser grained; high in extractives	Moist heat, slow cooking	$\frac{1}{2}$ – $\frac{3}{4}$ lb. per por- tion
Lamb and mutton chuck	Cut in 1-1 $\frac{1}{2}$ - inch pieces	any weight	Excellent flavor, good quality; fat and lean; much bone	Pot-roast, stew, boil, grind	$\frac{1}{2}$ – $\frac{3}{4}$ lb. per por- tion
Neck			Less tender, good flavor; much gristle	Boil, stew, soup, grind	
Shank			Much bone, lean meat	Boil, stew, grind	
Flank			Separated from breast; like flank and plate of beef	Stew	
Breast			More fat than chuck; like brisket of beef	Stew, grind	
Ground Meat			Lean portions of chuck, neck, shank and breast	Patty (wrapped with bacon), lamb loaf	

¹Standard method of Retail Cutting. Cuts arranged in order of relative cost from the more expensive to the cheaper cuts; based generally on average retail prices for a given date and place issued by the United States Department of Agriculture.

²Data obtained through the combined efforts of the United States Bureau of Agricultural Economics and several commercial organizations. Figures apply to a U. S. Choice Grade Lamb carcass of medium weight and a Heavy, Good Quality mutton carcass.

³This column shows number of portions in retail cuts or the usual weights of one portion.

TABLE XXIV
FRESH AND CURED PORK

RETAIL CUT ¹	AVERAGE SIZE ²		QUALITIES AND DESCRIPTION	PREPARATION	PORTIONS ³ PER CUT OR WEIGHT PER PORTION
	THICK- NESS	WEIGHT			
Pork chops and steaks	<i>inches</i>	<i>pounds</i>	Tender, fine grain, juicy; choice cuts	Dry heat: Broil, pan-broil, fry, bake	$\frac{1}{3}$ - $\frac{3}{4}$ lb. per portion
Center loin chops	$\frac{1}{2}$ - $\frac{3}{4}$	$\frac{1}{3}$	Excellent flavor; lean; tenderloin is sometimes removed; more lean than rib chop		1-2 chops
Rib chops	$\frac{1}{2}$ - $\frac{3}{4}$	$\frac{1}{3}$	Tender, juicy, good flavor; large muscle and rib bone; every other thin chop contains no rib		
Double rib chop	$1\frac{1}{2}$	$\frac{2}{3}$ - $\frac{3}{4}$	See rib chops; one bone to chop		1
Sausage meats		any weight	70 per cent lean; lean trimmings, shoulder, butt, shank, hock	Moist heat: Braise, bake	$\frac{1}{4}$ lb. per portion
Fresh ham steak	$\frac{1}{2}$	1	Less tender; solid meat; corresponds to round of beef		2
End loin chops	$\frac{1}{2}$	$\frac{1}{3}$	Tender, juicy, little fat; tenderloin tapers; single or double		1-2 chops
Shoulder chops	$\frac{1}{2}$ - $\frac{3}{4}$	$\frac{1}{3}$ - $\frac{1}{2}$	Coarser than loin with more bone and fat; well flavored; inexpensive		1
Roasts Crown roast (Ribs)	16 ribs	6-8	Rib section of two loins having same number of ribs; rib ends Frenched, backbone removed and ends sewed, with ribs outside	Dry heat: Roast, bake	$\frac{1}{3}$ - $\frac{1}{2}$ lb. per portion or 10-12
Loin roast	Whole	10-12	Choice; see center loin chops		$\frac{1}{3}$ - $\frac{1}{2}$ lb. per portion
Boston butt	Whole	2-6	Tender, high in lean, well streaked with fat; bone may be removed and meat rolled		3-5

TABLE XXIV—CONTINUED

FRESH AND CURED PORK

RETAIL CUT ¹	AVERAGE SIZE ²		QUALITIES AND DESCRIPTION	PREPARATION	PORTIONS ³ PER CUT OR WEIGHT PER PORTION
	THICK- NESS	WEIGHT			
Roasts—Cont. Fresh ham	<i>inches</i> Whole	<i>pounds</i> 8-12	Regular or skinned, tender, juicy, layer of fat on outside; little waste		8-10
Shoulder	Whole	8-12	Skinned, N. Y. style, tender; coarser, good flavor; may be boned, rolled and cut into roasts		6-9
Picnic		4-6	Lower end of shoulder; bone removed, skin cut off and edges of two flat pieces sewed together; good flavor, lean		3-5
Spareribs		1½-2	Half sheet (consists of lower or belly ribs), lean and fat, good flavor, much bone	Roast, braise, boil	2-3
Tenderloin ⁴		½-¾	Short round muscle beneath backbone; very tender, juicy, excellent flavor; may be smoked	Roast, braise	¼-½ lb. per portion
Frenched		4-6 to 1 loin	Tenderloin cut in 2-inch pieces and flattened	Braise	1-2 patties
Stews Lean trimmings		any weight	From back, butt, neck, etc.	Moist heat, long, slow cooking: Boil, pickle	¼-½ lb. per portion
Shoulder hock		½-¾	Less tender and little meat but of good flavor; bone, skin		1 lb. per portion
Knuckles		½-¾			
Shank		1½-2½	Less tender		
Fat back			1 to 3 inch thick layer of fat covering loin, cut in thin slices	Fry, wrapped around lean meat, larding	
Cured pork Sliced ham	¼-1	1-3	Cuts from center cut more expensive than from butt or shank ends; little waste in center cuts	Dry heat: Broil, pan-broil, fry, roast	¼-½ lb. per portion

TABLE XXIV—CONTINUED
FRESH AND CURED PORK

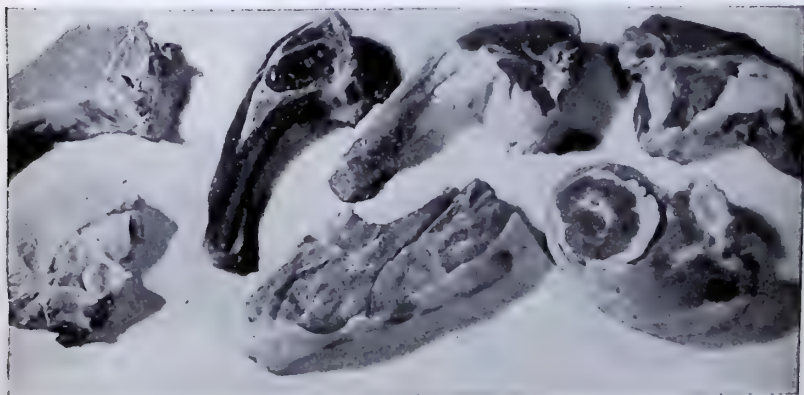
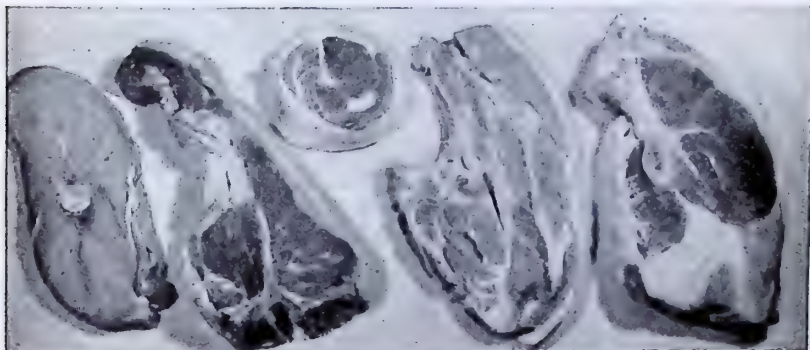
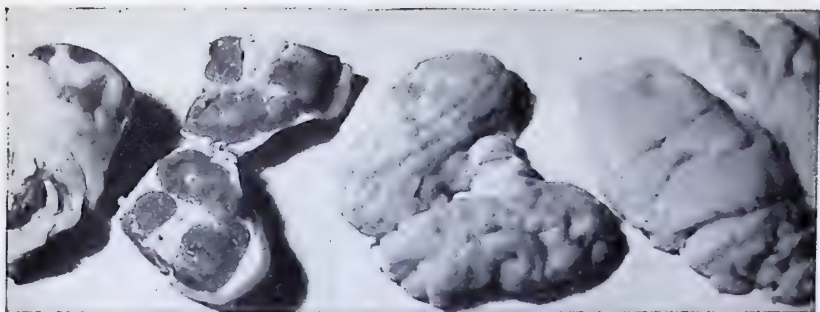
RETAIL CUT ¹	AVERAGE SIZE ²		QUALITIES AND DESCRIPTION	PREPARATION	PORTIONS ³ PER CUT OR WEIGHT PER PORTION
	THICK- NESS	WEIGHT			
Cured pork— Continued Ham No. 1	<i>inches</i>	<i>pounds</i>			
		12-14	Skinned, excess fat is trimmed; short, thick, stocky with small shank; flesh firm, fine, well marbled	Boil, roast, braise	¼-½ lb. per portion
Ham No. 2		12-14	Regular, not skinned; may show excessive amount of fat, otherwise like No. 1		
Smoked butts		1½-3	Boneless, prepared from Boston butt without the blade bone		3-5
Smoked pic-nics	Whole	4-8	Shoulder; sometimes bottom or shank end of shoulder cut off and cured. Palatable and costs less per pound than ham	Boil	5-8
Sliced bacon		20-30 slices per lb.	Choice bacon, evenly streaked lean and beef; other quality bacon also sliced	Broil, pan-broil, bake	1-4 slices per portion
Bacon strip No. 1	Whole	4-8	Belly strips below spare-ribs; side pork		
Bacon strip No. 2		4-10	Less choice bacon; jowl (bacon squares)		
Canadian bacon			Prepared from ham-end cut of pork loin; boned and cured		
Salt Pork			Fat back (see fresh pork); belly, jowl	Fry, boil, larding, wrapped around meat	¼ lb. per portion

¹Standard method of Retail Cutting. Cuts arranged in order of relative cost from more expensive to the cheaper cuts. Based generally on average retail price for a given date and place issued by United States Department of Agriculture.

²Data obtained through combined efforts of the United States Bureau of Agricultural Economics and several commercial organizations. Figures apply to U. S. choice grade meat-type pork carcass.

³This column shows number of portions in retail cuts or the usual weight of one portion.

*Not in order of relative cost; not the usual cut.



TO HELP YOU IDENTIFY CUTS OF MEATS

Top Section: (left to right) Glandular meats—kidney whole and kidney split; brains; a pair of sweetbreads.

Center Section: Steaks—veal cutlet; Porterhouse steak; club steak, rolled; chuck steak; round bone sirloin.

Bottom Section: (top row) Chops—pork rib; lamb rib; lamb loin; veal loin; (lower row) pork loin; lamb shoulder; kidney loin veal chop.

For further information on different cuts of meat, their identification and uses, see Charts A, B, C, D, and Tables VI-X.

TABLE XXV
SUNDRIES OR FANCY CUTS

KIND	RETAIL CUT	AVER- AGE WEIGHT	QUALITIES AND DESCRIPTION	PREPARATION	PORTIONS (APPROX.)	
Beef	Brains (single or in pairs)	<i>pounds</i> $\frac{1}{2}$ – $\frac{3}{4}$	Very tender, delicate flavor; rich in vitamins, protein and fat; no bones; spoils quickly	Dry heat, quick cooking: Broil	$\frac{1}{4}$ lb. per portion	
Calf		$\frac{1}{2}$				
Lamb		$\frac{1}{4}$		Moist heat: Boil; creamed, scrambled, baked		
Pork		$\frac{1}{4}$ – $\frac{1}{2}$				
Pork	Head (split)	3–5	Medium tender; good flavor; high in protein and fat	Moist heat, slow cooking: Boil, head cheese		
	Feet	$\frac{1}{2}$ –1	Little meat, much bone and gelatin-yielding substance	Boil; pickled, jellied	1–2 feet	
Beef	Heart	4–5	Less tender, muscular and compact; no bone; veal, lamb and pork hearts more tender than beef; an inexpensive meat with little waste	Moist heat, long, slow cooking: Boil, braise; stuffed, baked, corned, pickled	$\frac{1}{4}$ lb. per portion	
Calf		$\frac{1}{2}$ –1				
Lamb		$\frac{1}{4}$ – $\frac{1}{2}$				
Pork		$\frac{1}{2}$				
Beef	Kidneys	$\frac{3}{4}$ –1	Tender, rich in flavor, high in vitamins; spoil quickly	Dry heat, quick cooking: Broil, fry Moist heat: Braise	$\frac{1}{4}$ lb. per portion	
Veal		$\frac{1}{2}$ – $\frac{3}{4}$				
Lamb		3 oz.– $\frac{1}{4}$				
Pork		$\frac{1}{4}$ – $\frac{1}{2}$				
Beef	Liver (sold by the pound)	7–12	Beef liver less tender; rich in vitamins and iron; spoils quickly; calf's liver choicest; lamb or pig's liver substituted for calf's liver; pig's liver must come from inspected animals	Dry heat, quick cooking: Broil, fry	$\frac{1}{4}$ lb. per portion	
Calf		$1\frac{1}{2}$ –4				
Lamb		$\frac{3}{4}$ –1		Moist heat: Braise, bake		
Pork		$1\frac{1}{2}$ –3				
Calf	Sweetbreads	$\frac{1}{2}$ –1	Thymus gland; very tender, almost white; delicate flavor; heart sweetbread round, more compact and slightly choicer than throat sweetbread; expensive, spoils quickly Similar to thymus sweetbread	Dry heat, quick cooking: Broil, fry	$\frac{1}{2}$ –1 pair per portion	
	Heart			Moist heat: Boil; creamed, scrambled, salads		
	Throat					
	Pancreas	$\frac{1}{4}$				

TABLE XXV—CONTINUED
SUNDRIES OR FANCY CUTS

KIND	RETAIL CUT	AVER- AGE WEIGHT	QUALITIES AND DESCRIPTION	PREPARATION	PORTIONS (APPROX.)
Beef	Tail (oxtail)	<i>pounds</i> 1-2	Less tender; good flavor; mostly bone	Stew, boil, braise, soup	
Beef	Tongue Fresh, smok- ed, pickled, canned	4-6	Less tender; long, coarse fibers; muscular; little waste	Moist heat, long slow cooking; Boil, braise; pickled, baked	¼ lb. per portion
Calf	Fresh, canned	1-2	More tender and delicate- ly flavored than beef tongue		
Lamb	Fresh, pickled	¼-⅓			
Pork	Fresh, pickled, canned	½			
Beef	Tripe Fresh Pickled Plain Honeycomb	8-10 6½ 1½	Less tender; rubbery mus- cle—lining of beef's stomach; plain—lining of first stomach; honey- comb—lining of second stomach, more delicate	Moist heat, long slow cooking; Boil, stew; pic- kled, corned	¼ lb. per portion

TABLE XXVI
EGGS

GRADES AND QUALITY ¹	MARKETING SUGGESTIONS	EQUIVALENTS (APPROXIMATE)
<p><i>Fresh</i></p> <p>Graded by quality in many localities as U. S. Special, Extra, Standard, Trade or A., B., C.</p> <p>Size (minimum standards) Large—24 oz. per doz. Medium—20½ oz. per doz. Small—17 oz. per doz.</p>	<p>Price depends on quality, size, market conditions and season. Shell-color does not influence nutritive value or flavor. Medium grade eggs are satisfactory for baking and best eggs are kept for table use</p> <p>Small or pullet eggs may be used at table; for recipes use medium size</p> <p>Eggs are perishable; should be refrigerated in market and home</p>	<p>Eggs per lb.: Large—8-9 Medium—9-10 Small—11-12</p> <p>Medium eggs per cup: Whole—4-6 Yolks—12-14 Whites—8-10 1 medium egg, 1¾-2 oz.</p>
<p><i>Cold Storage</i></p> <p>To supplement market when fresh eggs are scarce</p>	<p>Modern methods have improved quality of storage eggs²</p>	

¹Frozen and dried eggs are not used generally in the home; they are not included in table.
²The water glass (sodium or potassium silicate) method of preserving eggs is probably the most satisfactory for home storage in quantity; use quality eggs only and follow directions on can for preserving eggs in water glass.

TABLE XXVII
POULTRY-PURCHASING GUIDE

KIND AND MARKET CLASS	AVERAGE		QUALITIES AND DESCRIPTION	PREPARATION	PORTIONS (APPROX.)	SEASON
	WEIGHT (DRESS- ED)	AGE				
Chicken— tender ¹	pounds	mos.	Young, tender pliable cartilage at end of breastbone; short legs, sharp, short claws, pin feathers	Dry heat, quick cooking: Broil (rubbed with oil), pan-broil, bake	½-1 lb. per portion	
Squab, broilers	¾-1¼	2-2½	Small broilers, little fat; similar to young pigeon; either sex		1	May to Sept.
Broilers	1½-2½	2½-3½	Small muscles, little fat, delicate flavor		2	May to Sept.
Fryers	2½-3½	3½-5	Larger muscles, more meat and fat, pin feathers	Pan-fry, braise, fry in deep fat	3-4	June to Nov.
Roasters	3½-5	5-8	Plump, young, more fat and connective tissue, pin feathers	Roast (rubbed with fat), fry, braise	4-5	Sept. to Mar.
Capons	6-9	6-10	Castrated males; tender, fleshy, excellent flavor; size of mature bird with fine qualities of young bird	Roast, braise	5-8	Dec. to Apr.
Chicken— less tender				Moist heat at low temperature, long slow cooking: Braise, stew, boil, steam	½-¾ lb. per portion	
Fowls (hens)	4-6	Over 9	Thicker connective tissue between muscle fibers, fine flavor		5-7	Year round
Stags (young males)	4-7	8-10	Spurs developing, tough, stringy flesh, bony		5-8	Dec. to Mar.
Cocks	4-7	Over 10	Tough, darker flesh, stronger flavor; less fat than hen, long hairs, bony		5-8	May to Jan.

TABLE XXVII—CONTINUED
POULTRY—PURCHASING GUIDE

KIND AND MARKET CLASS	AVERAGE		QUALITIES AND DESCRIPTION	PREPARATION	PORTIONS (APPROX.)	SEA- SON
	WEIGHT (DRESS- ED)	AGE				
Ducks	pounds	mos.	Higher in fat than chicken; all dark meat; little flesh on bones	Dry heat, quick cooking: Broil, plank, roast	$\frac{3}{4}$ -1 lb. per portion	
Duckling	2-4	2 $\frac{1}{2}$ -3 $\frac{1}{2}$	Soft windpipe; pliable breastbone cartilage, tender		2-4	Apr. to Dec.
Light	3-5	6-8	Fine flavor; small amount of meat to bone		3-5	Nov. to Feb.
Heavy	5-6	Over 12	Hard windpipe, longer neck; greater amount of meat to bone; less delicately flavored	Moist heat: Braise, stew	4-6	Nov. to Feb.
Geese			Contain more fat than any other poultry; short legs; all dark meat	Dry heat: Roast (outside surface pricked if very fat)	1-1 $\frac{1}{2}$ lb. per portion	
Light (green)	8-12		Tender, choice; gander fattened for market		6-8	Nov. to Jan.
Young	8-12	Under 12	Tender, thick, firm breast; pliable breastbone cartilage and bill, soft, yellow feet		1-1 $\frac{1}{2}$ lb. per portion	Nov. to Jan.
Heavy	Over 12	Over 12	Less tender, more meat on bone, usually very fat, longer neck	Moist heat, slow cooking: Braise, boil		Nov. to Jan.
Turkey			Largest eating bird, little fat; light and dark meat; full breast	Dry heat, quick cooking: Broil, bake	$\frac{1}{2}$ -1 lb. per portion	
Broilers	3-4	3-5	Young, tender, lean; either sex; black legs and feet		2-4	Aug. to Nov.
Roasters Young hens or toms	8-16	6	Plump, young, more meat, fat and connective tissue	Roast	$\frac{3}{4}$ -1 lb. per portion	Nov. to Jan.

TABLE XXVII—CONTINUED
POULTRY—PURCHASING GUIDE

KIND AND MARKET CLASS	AVERAGE		QUALITIES AND DESCRIPTION	PREPARATION	PORTIONS (APPROX.)	SEASON
	WEIGHT (DRESSED)	AGE				
	<i>pounds</i>	<i>mos.</i>				
Turkey— Continued Old turkey hens and toms	18-25	Over 12	Tough, good flavor, more connective tissue, moderately fat, much meat on bone, broad, full breast	Moist heat, slow cooking: Stew, boil, steam	$\frac{1}{2}$ – $\frac{3}{4}$ lb. per portion	Year round
Pigeons Squabs	$\frac{1}{2}$ – $1\frac{1}{2}$	1	Very tender, plump, milky delicate flesh; old squab has more purplish flesh, little fat	Dry heat, quick cooking: Broil, pan-broil, roast, plank	1	Year round
Guinea hen	2-4	7	Tender, thick white breast, little fat, gamy flavor	Pan-fry, roast, braise	2-3	Oct. to Mar.

¹Milk-fed chickens are choicer than corn-fed chickens; they are tender, juicy and well-flavored. Milk-fed chickens have the fat distributed evenly through the flesh; corn-fed chickens are likely to have thick layers of fat deposited under the skin of the back, around the outside of the muscles, through the abdomen and especially heavy around the organs.

BUTTER, MARGARINE, LARD, HYDROGENATED FATS AND OILS

Butter—Should be fresh, clean, sweet, uniform in color. **Creamery butter** from pasteurized cream made in factory; much from neutralized sour cream, varies in quality. **Dairy butter** churned on farm; varies in quality.

Margarines—Nutmargarine from vegetable oils, no animal fats. **Oleo-margarine** from beef fat, neutral lard. Both used for table, baking, cooking.

Lard—Leaf lard, highest grade from leaf fat; light color, slightly grainy. Other kettle-rendered lard from leaf and back fat; slightly darker than leaf lard. Both excellent for pastry, cooking, deep-fat frying.

Lard Compound—Combination of animal fats, or animal and vegetable fats.

Hydrogenated Fats—From soft or liquid fats, changed to solid state by special process; usually lighter in color, higher in creaming volume but with less shortening power than lard.

Oils—Corn oil, cottonseed oil, olive oil, peanut oil from corn germ, cottonseed, ripe olives, peanuts. All used as salad oils and in cooking; corn, cottonseed oils in deep-fat frying.

TABLE XXVIII
FISH—FRESH AND SALT WATER¹

KIND	AVERAGE SIZE	SOURCE ² AND SEASON	MARKET UNIT ³	DESCRIPTION	PREPARATION
Bass	<i>pounds</i>				
Black	½-5	I All year	Whole, pound, fillet	White, flaky flesh; lean	Broil, fry, bake
Rock	20	A All year	Pound, fillet, steak		
Sea	½-4	A Summer	Whole, pound, fillet		
Bluefish	3-5	A, G Jan. to Oct.	Whole, pound	Firm, sweet flesh; lean	Broil, plank, bake
Butterfish	¼-1	A Apr. to Nov.	Whole	Delicate flavor; fat	Broil
Carp ³	2-7	I All year	Whole, pound, fillet	Dry meated; lean; fla- vor often poor in sum- mer	Bake, boil, stew
Catfish ³	1-35 up	I All year	Whole, pound, fillet, steak	Firm, flaky flesh, red or white; fat	Fry, bake, broil
Cod ³	6-75	A, P All year	Whole, pound, fillet, steak	Firm, white flesh; lean; mild flavor	Broil, boil, bake
Eel ³	2½-3 ft.	A, I All year	Whole	Long, slender; tender; fat	Fry, broil
Flounder	2-5	A, P All year	Whole, pound, fillet	Firm white flesh; lean	Broil, bake, fry
Grouper	2-100	A, G, P All year	Pound, fillet, steak	Firm, white, rather coarse flesh; lean	Broil, bake, stew
Haddock ³	1½-7	A All year	Whole, pound, fillet	Firm, white, flaky flesh; lean	Broil, bake; chowder
Hake ³	3-8	A, P All year	Pound, fillet	Like cod; lean	Broil, boil; chowder
Halibut ³	50-75	A, P All year	Pound, fillet, steak	Firm, white flesh; me- dium fat	Broil, bake, boil
Herring ³	½-1	A, P All year	Whole	Good flavor; cheap; fat; small canned as sar- dines	Bake, broil

TABLE XXVIII—CONTINUED
FISH—FRESH AND SALT WATER

KIND	AVERAGE SIZE	SOURCE ² AND SEASON	MARKET UNIT ³	DESCRIPTION	PREPARATION
Mackerel ³	pounds ¾-1	A May to Nov.	Whole, pound, fillet, steak	Firm flesh; good flavor; few bones; fat	Bake, broil
King Spanish	10 6-10	Nov. to May			
Mullet	1-5	A, P All year	Whole, pound	Firm flesh; lean	Broil, bake
Perch White Yellow	1-5	I All year All year	Whole, pound	Firm, white flesh; medium fat; yellow poorer quality, bony, lean	Broil, bake, fry
Red ³		A All year	Whole, fillets	Sweet, darker flesh; medium fat	
Pike ³ Pickerel	6-40	I All year	Pound, steak	Firm, flaky; lean	Broil, fry, bake
Pompano	1-2	A, G Winter	Whole	Fine flavor; medium fat	Bake, broil
Red Snapper	10-20	G All year	Pound	White flesh; good flavor, lean	Broil, bake; chowder
Salmon ³ Penobscot	10-17	A Apr. to Sept.	Pound, fillet, steaks	Pink, flaky; fat	Boil, broil, bake
Chinook	20-22	P May to Oct.		Deep salmon color, flaky; fat	
Sockeye	7-20			Deep red; firm; good texture	
Coho	6-8			Pale to deep pink; firm	
Pink	4			Pale pink; soft; sweet	
Chum	9-11			White to yellow; soft	
Shad ³	4	A Jan. to June Roe in March	Whole, pound	Sweet, white; fat, many small bones	Bake, plank
Sheepshead	4-15	A, I Nov. to March	Whole, pound	Coarse flesh; lean	Broil, bake

TABLE XXVIII—CONTINUED
FISH—FRESH AND SALT WATER

KIND	AVERAGE SIZE	SOURCE ² AND SEASON	MARKET UNIT ³	DESCRIPTION	PREPARATION
Smelt	<i>pounds</i> ½	A, P Sept. to May	Whole	Delicate flavor; fat	Fry, broil
Sole	3½-4	A, P All year	Pound, fillet	Delicate flavor; lean	Broil, bake
Sturgeon ³	400-500 50	A, P I Mar. to Jan.	Pound, steak	High in protein; lean	Broil, bake, stew
Swordfish	To 800	A, P June to Oct.	Pound, steak	Firm, flaky flesh; defi- nite flavor; lean	Fry, broil
Trout	1-6 1-12 2-20	I	Whole, pound	Tender, pinkish, deli- cate flesh; medium fat	Fry, broil
Rainbow		All year			
Brook Lake		All year Apr. to Nov.		Fat	Bake, broil
Tuna ³	30 up	A, P All year	Pound, steak	Yellow to pink; firm flesh, gamy flavor; fat	Bake, broil, boil
Weakfish	3-6	A Apr. to Nov.	Whole, pound	White, flaky flesh; lean	Broil, bake
Whitefish	½-30	I Apr. to Dec.	Whole, pound, fillet	White, sweet flesh; fat; flavor like halibut	Bake, plank, broil
Deep sea		A Apr. to Sept.			
Whiting ³	1½	A, P, G May to Dec.	Whole	White, fine-textured flesh; lean	Boil, stew

¹Frozen fish which compares favorably with fresh-caught fish is available in many sections of the country. Fillets and steaks of cod, salmon, mackerel, sole, haddock, etc., are popular frozen varieties.

²The following abbreviations are used to denote source: A, Atlantic Coast; P, Pacific Coast; G, Gulf Coast—all salt-water fish; I, interior waters—fresh-water fish.

³Also available in one or more of the following forms: canned, smoked, dried, salted, pickled.

TABLE XXIX

FRESH SHELLFISH

KIND	AVERAGE SIZE	SOURCE ¹ AND SEASON	MARKET UNIT	DESCRIPTION	PREPARATION
Abalone ²	Muscle 2-4 in. wide 3-4 in. thick	P Mar. to Jan.	Pound, sliced, steak	Central muscle of sea- snail; white, solid flesh	Chowder, fry
Clams ²	Varies with species	A, P All year	In shell—by count Shucked— pint	Bivalve mollusk; small meat, delicate flavor	Half shell, chowder, steam, broil
Crabs ²	3½-7 in. wide	A, P, G, I All year	Alive—by count, pound	Crustacean; short, broad, flattened shells; large jointed legs and claws, sweet, delicate meat	Boil, cock- tail, salad, broil, fry
Soft shell		May to Sept.			
Crayfish	2-6 in.	I Sept. to Apr.	Alive—pound	Small, lobster-like crus- tacean; flesh from tail used	Boil, soups
Frogs' legs ³	½-¾ lb. per pair	All states	By count, 6 to a serving	Hind legs used; deli- cate, like chicken	Fry
Lobster ²	1-2½ lb.	A, G, P All year	Alive—by count, pound	Crustacean; shells mot- tled green, turn red on boiling; delicate fla- vor	Boil, cock- tail, salad, broil, bake
Oysters ²	Varies with species	A, P Sept. to Apr.	In shell—by count Shucked— pint, cup	Bivalve mollusk; meat gray - white, tender; characteristic flavor	Half shell, soup, fry
Sea mussels	2-4 in.	A, P	In shell—by count Shucked— pint	Bivalve mollusk similar to clams and oysters	Steam, chow- der
Scallops ²	3½ in.	A, P, G Sept. to Mar.	Pound	Bivalve mollusk; only hard muscle used	Fry, cream
Shrimps ²	2-3 in.	A, P, G All year	Pound 1 lb. = 1 pt. 1 lb. = 15 scal- lops	Crustacean; green-gray, flesh turns pink when cooked	Stew, cock- tail, salad

TABLE XXIX—CONTINUED

FRESH SHELLFISH

KIND	AVERAGE SIZE	SOURCE ¹ AND SEASON	MARKET UNIT	DESCRIPTION	PREPARATION
Snails	Small	Usually imported Spring	By count, pound 1 lb. = 30 snails	Flavor rather like oyster; univalve mollusk	Boil, stew
Terrapin ³	2-9 in.	A, G, I	Alive	Vertebrate; diamond back most delicate	Boil, soup
Turtle ³	10-300 lb.	G, I	Pound, steak	Vertebrate; green turtle most prized	Soup

¹ The following abbreviations are used to denote source: A, Atlantic Coast; P, Pacific Coast; G, Gulf Coast—all salt-water fish; I, interior waters—fresh-water fish.

² Also available in canned or frozen forms. ³ Not a shellfish.

TABLE XXX

CHEESE

TYPE OF CHEESE	VARIETY ¹	PURCHASING UNIT	DESCRIPTION ²	USE
Unripened Soft	Cottage or Smierkase	8-oz. jar, pound (2 c.)	Domestic; from skimmed milk, acid or rennin added; white color, mild flavor	Sandwich spread, relish, salad, dessert
	Cream (Philadelphia)	3-oz. package, pound	Domestic; extra cream added; white color, smooth texture, mild flavor	Sandwich spread, with crackers, salad
	Neufchâtel	2½-3-oz. package	French; from whole or skimmed milk, may be slightly ripened; resembles cream cheese; with peppers added called Pimiento Cheese	
Semi-hard	Mysost or Primost	Pound	Scandinavian; from whey; light brown color, buttery consistency, mild sweet flavor	Sandwiches, with crackers
Hard	Gjetost	Pound	Norwegian; from goats' milk; dark brown color, stronger than Mysost	

TABLE XXX—CONTINUED

CHEESE

TYPE OF CHEESE	VARIETY ¹	PURCHASING UNIT	DESCRIPTION ²	USE
Ripened (by mold or bacteria) Soft	Brie	Pound	French; mold ripened; interior soft and creamy, pronounced odor, sharp flavor	Sandwich spread, with crackers, dessert
	Camembert	1½-oz. portions, 8-oz. round wooden box	French; mold ripened; ½-inch rind; interior very soft and waxy; sharp bitter flavor	
	Liederkrantz	4-oz. package	Domestic; bacteria ripened; strong flavor and odor resembling Limburger	Sandwiches, with crackers, relish
	Limburger	8-oz. package, 14-oz. brick, pound	Belgian, domestic; bacteria ripened; strong odor and flavor	
Semi-hard	American	8-oz. package, grated 2-4-oz. package, pound	Domestic "store cheese"; Cheddar type; bacteria ripened; smooth texture, flavor mild to sharp	All purpose and cooking cheese, grated ³
	Brick	8-oz. package, pound	Domestic; bacteria ripened; rather elastic texture, many holes or "eyes," strong, sweetish flavor	Sandwiches, relish, dessert
	Gorgonzola	Pound	Italian; mold ripened; interior mottled blue-green, rich, strong flavor	Sandwiches, relish, dessert
	Münster	Pound	German; bacteria ripened; generally flavored with anise or caraway	
	Roquefort	1¼-oz. portions, 8-oz. package, pound	French; from sheep's milk; mold ripened; mottled blue-green interior	Sandwiches, salads, salad dressings, with crackers
	Stilton	Pound	English; mold ripened; brown crinkled surface, light interior, blue-green veins, sharp, rich flavor	

TABLE XXX—CONTINUED

CHEESE

TYPE OF CHEESE	VARIETY ¹	PURCHASING UNIT	DESCRIPTION ²	USE
Ripened (by bacteria only) Hard	Cheddar	8-oz. package, pound	English (original); process widely used; yellow or white color, mild to sharp flavor	All purpose, grated ³
	Cheshire	Pound	English; usually highly colored; sharp, strong flavor	Sandwiches, relish, grated ³
	Edam	Whole— 1½-2-3 lb.	Dutch; flattened spherical shape; outside colored red; salty, nut-like flavor	Sandwiches, with crackers, dessert
	Gouda	Whole— 15 oz.	Dutch; like Edam in shape, color and flavor	
	Parmesan	Pound, grated—jar, package— 2-4 oz.	Italian; granular, too hard to slice; interior green-yellow, flavor rather mild	Flavoring for soups, entrées, etc.
	Pineapple	Whole — 10- 18-26-60 oz.	Domestic; highly colored; characteristic pineapple shape; flavor of Cheddar	Sandwiches, with crackers, dessert
	Swiss Emmenthal Gruyère	1½-oz. portions, 8-oz. package, pound	Swiss; light yellow color, characteristic holes or "eyes," mild flavor	

¹A number of cheese spreads made from such varieties as American, Cheddar, Roquefort, Cream, Limburger, etc.—with or without additional seasonings—are packed in small cartons or glass jars.

²Unless otherwise specified all varieties listed are rennet cheeses made from cows' milk.

³One pound cheese, grated, measures 4 to 4½ cups.

MILK AND CREAM

Pasteurized Milk has been heated to about 145° F. for 30 minutes, cooled quickly and bottled, thus destroying disease germs. Is usually graded to indicate production conditions and bacterial count; a low count shows high-grade milk. **Raw milk**, unless certified, may be unsafe. **Evaporated milk** is fresh milk evaporated to half its original volume; **condensed milk** has sugar added before evaporation; **dry milk** has all moisture removed; follow package directions for use. **Light or coffee cream** contains 18 to 22 per cent milk fat; **heavy or whipping cream**, 30 to 40 per cent fat.

TABLE
VEGETABLE-

KIND	VARIETY	SELECTION	PREPARATION
Artichoke	French or Globe Jerusalem	Compact, heavy, globular, uniformly green Unrelated to above. Thick potato-like flavor	Boiled or steamed Boiled, pickled
Asparagus	Blanched or white (Calif.) Green	Milder in flavor Fresh, tender, straight; compact, unbroken tips	For canning Boiled, steamed or canned
Beans	Lima (large or small) Faba or fava (Eng. broad bean) Snap Green Wax (Yellow)	Well-filled, large pods; plump tender beans Round thick bean Firm, crisp, slender; stringy and stringless	Boiled or canned Boiled, steamed or canned
Beets	New—with or without tops Mature	Smooth, clean, tender No leaf scars at stem base	Boiled, steamed or canned
Broccoli	(Type of cauliflower)	Tender, firm, green; compact buds	Boiled or steamed
Brussels sprouts	(Cabbage family)	Crisp, green, firm, compact, fresh	Boiled or steamed
Cabbage	New (pointed head) Danish (tight, smooth-leaved) Domestic (round or flat) Savoy (crinkly leaves) Red Chinese	Solid, hard, heavy for size, closely trimmed; winter varieties larger and firmer Less compact than Danish type Yellowish leaves in head All red varieties Long head—not true cabbage	Boiled, steamed; raw chopped in salads
Carrots	Early (bright- er, milder) Late (coarser, more woody heart)	Firm, clean, fresh, smooth, well-shaped, good color	Boiled, raw— grated or sliced—canned
Cauliflower		Compact, white head; green, fresh outer leaves	Boiled or steamed

PURCHASING GUIDE

NORMAL SEASON	PURCHASING UNIT	EQUIVALENT ¹ PER POUND (APPROXIMATE)	KEEPING QUALITIES
Nov.-May	Per choke	2 medium chokes	Good if cut with 1½" stem
Oct.-April	Pound	5	Good
Mar.-June	Pound, bunch—3-5 lb. Quick-frozen	15-20 stalks, 2 c. cut	Good
Year round	Pound, peck, bushel, box—qt.—(shelled)	⅔ c. shelled 1 lb. shelled = 3 c.	Good, unshelled; poor, shelled
Year round	Pound Quick-frozen	3 c. cut	Poor Keep all beans in cool, moist air
Year round	Bunch	5-6 beets	Good; store mature beets at 32° F. in root cellar; loosely packed or in sand
	Pound	3-5 beets, 2 c. cooked	
Nov.-June	Per head Quick-frozen	1-3 heads, 3 c. cooked	Fair
Sept.-Jan.	Pound, box—qt. Quick-frozen	50-60 sprouts, 3 c. cooked	Poor
Year round; all types have late and early maturing varieties	Per head, pound	3½ c. shredded, 2½ c. cooked, small—med. head	Good; store mature in outdoor pits at 32° F.
	Bunch	½ med. head	
Year round	Bunch	7-9 roots	Store as beets
	Pound	3-5, 2 c. cooked	
Year round Dec.-Apr. best	Per head, pound Quick-frozen	1 small head, 2 c. cooked	Fair; store in cold, moist, airy place

TABLE
VEGETABLE—

KIND	VARIETY	SELECTION	PREPARATION
Celeriac		Turnip-rooted celery	Boiled, hot, in salads
Celery		Thick, brittle, well-blanchd; stalks and hearts	Boiled, raw; leaves—flavoring
Chard		Crisp, tender, fresh	Boiled
Chicory (French "Endive")		Thick, tight, blanched heads of white, elongated stalks—also called Belgian endive	Raw—in salads Boiled
Chives		Grass-like, onion flavor	Flavoring, garnish
Collards	Cabbage family	Large, slightly curled leaves	Boiled or steamed
Corn	Sweet (white or yellow)	Plump, firm, milky kernels, green husk	Boiled, steamed, or canned
Cress	Garden Watercress	Crisp, grows in garden Grows along streams	Raw—in salads and garnish
Cucumbers		Firm, green, long	Raw, pickled
Dasheen	Taro family	Tuberous roots, nutty flavor	Similar to potatoes
Eggplant		Heavy, firm; glossy purple, pear-shaped	Fried, baked or boiled
Endive "chicory"		Curly green leaves, narrow and feathery in loose head	Raw—in salads
Escarole		Twisted leaves, thick white mid-ribs	Raw—in salads
Garlic	(Onion-like)	Dry, firm, well-shaped	Flavoring
Kale	Cabbage family	Fresh, crumpled leaves; bluish-green or dark	Boiled
Kohlrabi	Resembles turnip	Young, tender roots and leaves	Boiled
Leeks	(Onion-like)	Young, fresh, well-blanchd	Boiled, raw
Lettuce	Head lettuce "Iceberg" Boston Romaine Leaf lettuce	Crisp, solid Less solid, greener leaves Longer; coarser leaves Crisp, fresh leaves	Raw—in salads

PURCHASING GUIDE

NORMAL SEASON	PURCHASING UNIT	EQUIVALENT ¹ PER POUND (APPROXIMATE)	KEEPING QUALITIES
Fall, winter	Per root, pound	1 root, 3 c. cooked	Store as beets
Year round	Bunch	1 med. bunch, 2 c. cut	Good; wrap in parch- ment—store in cool place
July—frost	Pound	2 c. cooked	Fair
	Pound, bunch	4 hearts	Fair
Year round	Box—with soil		Good
	Pound		Fair
July—Oct.	Dozen ears Quick-frozen	2-4 ears, 1 c. kernels	Poor
Year round	Bunch	4 bunches	Fair
April—Oct.	Per cucumber	2 (6")	Good
Winter, Southern market	Pound	2-3	Good
Year round	Per plant	1 medium, 3-4 c. diced	Good
Year round	Bunch	1 bunch	Fair
Year round	Head	1 head	Fair
Year round	Per bulb, pound		Good
Year round	Pound	2-3 c. cooked	Fair
Summer	Bunch, pound	4-5 medium, 2 c. cooked	Fair
Spring	Bunch	5-7, 1 c. cooked	Good
Year round	Per head	2 medium	Good; keep moist in cool place but not in water
	Bunch	3 bunches, 25-50 leaves	

TABLE
VEGETABLE—

KIND	VARIETY	SELECTION	PREPARATION
Mush-rooms	Buttons (small rounded) Caps (flat)	Firm, clean, moist, fresh	Fried, baked, or broiled
Okra (Gumbo)	White, green, long, short varieties	Tender, young, fresh, brittle pods; soft seeds	Boiled or steamed—soups, stews; canned
Onions	Green	Sweet, young, tender, green, fresh tops	Raw—relish
	Mild-flavored:	Hard, dry, clean	Raw, boiled, or baked
	Bermuda Spanish Strong-flavored Domestic	Flat, white or yellow Large, sweet, oval Red, yellow, white Large, medium, small	Boiled or baked
Parsley		Bright green, fresh	Raw—garnish
Parsnips		Straight, clean, firm	Boiled or fried
Peas		Green, large, brittle, well-filled pods	Boiled or canned
Peppers	Sweet (green or red) Pungent or hot (green or red)	Mature, firm, well-shaped, shiny; hot peppers not as thick-fleshed	Raw—salads, garnish; baked Flavoring
Pumpkins	(Squash family)	Hard rind, good orange color	Boiled, steamed, for pies
Radishes	Early (red or white) Winter (white or blackish)	Well-formed, smooth, firm, crisp, non-spongy	Raw—relish, boiled Boiled
Rutabagas	(Called also Swedish turnip)	Yellow or white, firm flesh	Boiled
Salsify	(Called also oyster plant)	Well-shaped, smooth, firm	Boiled
Shallots	(Onion-like)	Young, well-blanchd, tapering	Flavoring
Spinach		Dark green, fresh, large leaves	Boiled, raw—in salads

XXXI—CONTINUED

PURCHASING GUIDE

NORMAL SEASON	PURCHASING UNIT	EQUIVALENT ¹ PER POUND (APPROXIMATE)	KEEPING QUALITIES
Year round	Pound—box, bulk	25-35 medium, 3 cups	Poor
Year round	Pound, box—pt., qt., or half-peck	10-12 pods (2-4" long)	Poor
May-Sept.	Bunch	12-20	Good
April-June	Pound,	2 large	Good; store as beets
Year round	per onion		
Year round	Pound, qt.	5, 1½ c. cooked	
Year round	Bunch		Good
Year round	Pound	3-4 medium, 2½ c. cooked	Store as beets
Year round	Pound Quick-frozen	1-1½ c. shelled, 1 c. cooked	Poor
Year round	Pound, dozen, per pepper	6	Fair; keep in cold, dry place
Oct.-Dec.	Per pumpkin, pound	5-50 lb. per fruit, 1 c. cooked	Good; store at 50-60° F.
Year round	Bunch		Good Store in dry cellar
Year round	Pound	1-2, 2 c. cooked	Store as beets
Year round	Bunch	5 roots, 2 c. cooked	Store as beets
Spring	Bunch		Good
Year round	Pound Quick-frozen	2-2½ qts. raw, 1½ c. cooked	Poor

TABLE
VEGETABLE—

KIND	VARIETY	SELECTION	PREPARATION
Squash ²	Summer (white-discs, yellow-crooknecks, green-marrows)	Young, heavy for size; tender rind	Boiled or fried
	Winter (green or orange rind)	Heavy; hard rind	Boiled, steamed, or baked
Sweet potatoes ³	Mealy, light Moist, darker	Well-shaped, bright, firm, unbruised	Boiled, baked, or fried
Tomatoes	Red Yellow	Bright, firm, smooth, mature	Raw, boiled, baked, or canned
Turnips	Early (with tops)	Fresh, green tops	Boiled with greens
	Mature (white or yellow)	Smooth, firm, few rootlets	Boiled or fried
White potatoes	Cobbler (round) Idaho russet (large, long) Early Ohio (oblong)	Firm, smooth, clean, medium-sized; use determines type to buy	General cooking Idaho—baked

¹The letter c. stands for cup or cups; " for inch.

²The Zucchini or Italian squash is a popular type of green-marrows (summer) squash; the Hubbard varieties are the best known of the winter squash.

TABLE
TEA, COFFEE,

PRODUCT	VARIETY OR TRADE NAME	PURCHASING UNIT
Tea ¹ Green or Unfermented	Gunpowder (many grades) Imperial (3 or more grades) Young Hyson (several grades) Hyson	$\frac{1}{4}$ -1-lb. tins, individual tea bags

PURCHASING GUIDE

NORMAL SEASON	PURCHASING UNIT	EQUIVALENT ¹ PER POUND (APPROXIMATE)	KEEPING QUALITIES
May-Oct.	Per squash Quick-frozen	1-2, 1 c. cooked	Fair
Year round	Per squash, pound	1-5 lb. per fruit, 1 c. cooked	Good; store at 50-60° F.
Year round	Pound, peck, bushel	3 medium	Poor, unless dried
Year round	Pound	2-4, 1½ c. cooked	Fair; keep cool, un- wrapped
April-May	Bunch	1 bunch	Fair
Year round	Pound	2-4, 2 c. cooked	Store as beets
Year round	Pound, peck, bushel	2-5, 2-3 c. cooked, mashed	Good; store in cool, humid, ventilated place

¹The moist dark sweet potatoes are frequently, but incorrectly, called "yams." The true yams resemble the sweet potatoes; they are used chiefly in tropical regions.

XXXII

CHOCOLATE, COCOA

DESCRIPTION	MISCELLANEOUS
<p>The leaves are fired to prevent fermentation, then rolled; dark olive green in color. Graded according to size of leaves or where found on stems: choicest grade—buds or smallest leaves, lightly rolled, uniform and whole; second and third size of leaves are good quality, and remaining leaves which become large and more irregular are cheapest</p>	<p>Best quality green teas come from Northern China, most of green tea used comes from Japan</p> <p>Infusion: bright, clean, greenish liquor, mild and pleasing in flavor</p>

TABLE
TEA, COFFEE,

PRODUCT	VARIETY OR TRADE NAME	PURCHASING UNIT
Tea—cont. Black or Fermented or Oxidized	Flowery Pekoe (end bud) Orange Pekoe (2nd leaf) Pekoe (3rd leaf) Pekoe-Souchong Souchong	¼-1-lb. tins; individual tea bags
	Jasmine	
Semi-fermented	Oolong (many grades) Fancy to Standard	¼-1-lb. tins, individual tea bags
Coffee ² Brazil	Santos (mild and smooth) Rios (heavy)	1-lb. can or pkg. Sealed and vacuum packed. Un-ground, steel cut, or all-purpose grind, drip grind, pulverized
Milds (outside of Brazil)	Java (Dutch East Indian), Mocha (Arabian), Maracaibo (Venezuelan), Bogota (Costa Rica)	
Decaffeinated Coffee		½-1-lb. can
Soluble Coffee	Pulverized, liquid	¼-½-1 lb. 1 cup tin tube 4-8-16-oz. bottles
Coffee Substitute	Cereal	4-oz. pkg.
Chocolate ³	Unsweetened (Bitter)	¼-½-lb. bars 1 square = 1 oz.
	Sweet	½-lb. bars
Cocoa ⁴	Breakfast Cocoa	½-1-lb. can, bulk
	Dutch Process	¼-1-lb. can

¹Teas are listed according to quality from the choicest to the less choice. One pound tea measures 6 to 6½ cups and makes about 225 cups of tea.

²One pound medium grind coffee measures 5 to 5½ cups and makes about 40 cups of coffee.

CHOCOLATE, COCOA

DESCRIPTION	MISCELLANEOUS
The leaves are heated on trays long enough to wilt leaves but not destroy enzymes, rolled and allowed to ferment for several days; then dried in sun or by heat and sometimes refired to improve color and flavor	Most popular tea. Ceylon and India teas make a rich, heavy, full-colored infusion—vary in color from reddish-brown to brown. Chinese tea known as Congou
Flowery Pekoe, Orange Pekoe and Pekoe teas, perfumed	
Only partially fermented and contain qualities of green and fermented teas. Sometimes classed as black teas	From Formosa and China; choicest from Formosa; often used in blends. Infusion delicately flavored
Each coffee has its characteristic flavor; named from localities. Roasting may be light, medium and high or dark; blending done after roasting	Over half of world's supply from Brazil Coffee keeps best in berry unground. Keep in air-tight container away from air and gas, buy in small amounts
Most of caffeine removed	More expensive than coffee, mild
Coffee brew evaporated to crystal or to a heavy syrup	Expensive, quickly made and convenient
Roasted crushed cereal, mixed with molasses and caramelized sugar	True cereal substitute contains no caffeine
Prepared from the cocoa nibs or cracked kernels with all cocoa butter; may be "Dutched"	Squares may be divided in half; gray color in summer due to melting of fat
Sugar and cocoa butter added; sometimes vanilla is added	Milk and nut chocolate bars. Store in cool, dry place because of fat
About one-half of cocoa butter removed from cocoa nibs—fine powdery form	Cocoa keeps better in hot weather than chocolate
Rich dark color due to addition of alkalis or carbonates in the process	Flavor modified if highly "Dutched"

¹One square chocolate = 1 oz. or about $\frac{1}{4}$ cup grated; 8 squares = $\frac{1}{2}$ lb., or about 2 cups grated.

²One pound cocoa = about $4\frac{1}{2}$ cups.

FRESH FRUIT—PURCHASING GUIDE

EQUIVALENTS PER POUND OR OTHER UNIT¹

KIND	PURCHASING UNIT	EQUIVALENT PER LB. (APPROX.)
Apples ²	lb.	2-6; 3c. (diced); 1½ c. (sauce)
Apricots	doz., lb.	8-16; 2½ c. (cooked)
Avocados	per fruit	1 med.; 1½-2 c. (cubed)
Bananas	lb.	3 med.; 2 c. (sliced)
Berries	pt., qt.	2-4 c.
Cherries	lb., qt.	3 c. (stemmed); 2-2¾ c. (pitted)
Cranberries	lb., qt.	4 c.; 4 c. (sauce)
Grapefruit	per fruit	1 med.; 1½ c. (pulp); 1 c. (juice)
Grapes	lb.	1 bunch; 2 c. (halved)
Lemons	doz.	4-5; ¾ c. (juice)
Limes	doz.	7-9
Melons		
Cantaloupe	2 lb.	2-3 ³
Casaba	6-10 lb.	6-8 ³
Honey Dew	5 lb.	4-5 ³
Watermelon	5-50 lb.	3-20 ³
Oranges ⁴	doz.	2-3; 1⅓ c. (pulp); 1 c. (juice)
Peaches	doz., lb.	4-8; 2½ c. (sliced)
Pears	doz., lb.	3-5; 2½ c. (cooked)
Persimmons	fruit	3
Pineapple	fruit	2-3 c. (cubed)
Plums	doz., lb.	12-20; 2 c. (cooked)
Rhubarb.	lb.	4-8; 3½ c. (diced); 2 c. (cooked)
Tangerines	doz.	4-6

¹C., cup; doz., dozen; lb., pound; med., medium; pt., pint; qt., quart.

²Excellent eating or table apples: Baldwin, Cortland, Delicious, Gravenstein, Grimes Golden, Jonathan, McIntosh, Northern Spy, Spitzenberg, Wealthy, Winesap.

Excellent baking apples: Baldwin, Gravenstein, McIntosh, Pippin, Spitzenberg.

Excellent pie and sauce apples: Baldwin, Gravenstein, Pippin, Rhode Island Greening, Spitzenberg, Winesap.

³Portions per melon.

⁴Oranges. The navel oranges are in season from November to May; the Valencias from May to November. The kumquats, mandarins and satsumas are distinct types of citrus fruit; they are smaller than the orange.

AVERAGE CONTENTS OF COMMON CAN SIZES

SIZE OF CAN	CUPS	SIZE OF CAN	CUPS
Picnic, No. 1 east	1¼	No. 2½	3½
No. 1, tall or square	2	No. 3	4
No. 2	2½	No. 3, squat	2¾
No. 2, squat	1¾-2	No. 10	12

FOOD-PURCHASING GUIDE

APPROXIMATE EQUIVALENTS PER POUND OF SOME COMMON FOOD MATERIALS

FOOD	CUPS	FOOD	CUPS
Beverages		Fruits, dried—Continued	
Coffee, ground	5-5½	Pears, halves	25-30 ¹
Tea	6-6½	Prunes, whole	30-60 ¹
Cereals		cooked	4
Barley, pearl	2	Raisins	3-3½
Corn, hominy grits	2½-3	Milk and Cream	
Oats, rolled	4	Fresh (1 pint)	2
Rice	2-2¼	Condensed (15 oz. can)	1¾
Wheat, cracked	2¼	Evaporated (14½ oz. can)	1½
cream of	2½-2¾	Powdered	3
Cheese, grated		Cream (1 pint).	2
Chocolate, grated		Nuts²	
Cocoa	4½	In shell (meat).	2
Fats, solid or liquid		Shelled, chopped	4
Flours		Coconut, shredded	5
Barley	2	fresh, shredded	2-3
Buckwheat	4½	Pastes	
Cornmeal	3	Macaroni, broken	5
Rice	3¾-4	Spaghetti, broken	5-6
Rye	4½-5	Vermicelli, broken	5
Soybean	7½-8	Noodles, broken	5-6
Wheat, all-purpose	4	Starches	
cake or pastry	4½	Arrowroot	4
Fruits, candied		Cornstarch	3
Angelica, stalks	9-11 ¹	Tapioca, quick-cooking	2½-3
Cherries	140-180 ¹	Sugars	
Citron, sliced	4	Granulated	2-2¼
Fruit peels, sliced	4	Berry or fruit	2¼
Ginger	1½-2	Powdered xx	2½-2¾
Pineapple, rings	6-8	Confectioners' xxxx	3½
Fruits, dried		Brown, firmly packed	2
Apples, cooked.	10	Loaf or tablet, cube	180-220 ¹
Apricots, cooked	3½	Syrups	
Currants	3	Cane	1½-1½
Dates, unpitted	60 ¹	Corn	1½-1½
chopped	3	Honey, strained	1½
Figs, whole	20-50 ¹	Maple	1½
chopped	3	Molasses	1½
Peaches, cooked	6	Sorghum	1½

¹Measured by count.

²Almonds, peanuts, pecans, English walnuts. Other nuts vary in size and weight; one fresh coconut used.

APPENDIX

TABLE XXXIII

AVERAGE ENERGY ALLOWANCE FOR ADULTS

DAILY ENERGY ALLOWANCE FOR YOUNG AND MIDDLE-AGED ADULTS OF AVERAGE HEIGHT AND WEIGHT AT VARIOUS DEGREES OF ACTIVITY (CALORIES)¹

DEGREE OF ACTIVITY	MEN	WOMEN
Sedentary work, involving little movement	2100-2500	1800-2100
Light exercise, sitting at work	2500-2800	2100-2400
Moderate exercise, standing or walking at work	2800-3100	2400-2700
Active work, involving muscular strength	3100-3500	2700-3000
Very active muscular work	3500-4500
Very severe muscular work	4500-6000

¹H. K. Stiebeling and M. M. Ward, *Diets at Four Levels of Nutritive Content and Cost*. Circular No. 296, United States Department of Agriculture, p. 20.

TABLE XXXIV

CLASSIFICATION OF FRUITS AND VEGETABLES ACCORDING TO THEIR CARBOHYDRATE CONTENT¹

THREE PER CENT CARBOHYDRATE²

Asparagus, fresh and canned	Celery	Rhubarb, fresh and canned	Tomatoes, fresh and canned
Bamboo shoots	Chard	Romaine	Tomato juice, fresh and canned
Beans, green and wax, canned	Chicory, leaves	Sauerkraut, fresh and canned	Turnip tops, fresh and canned
Beet greens	Cucumbers	Sorrel	Vegetable marrow
Broccoli	Endive	Spinach, fresh and canned	Watercress
Cabbage	Fennel	Squash, summer	Zucchini
Cabbage, Chinese	Lettuce	Strawberries, canned	
Cauliflower	Mustard greens		
	Okra, canned		
	Radishes		

SIX PER CENT CARBOHYDRATE

Beans, snap, green and wax	Eggplant	Okra	Strawberry juice
Beets, canned	Gooseberries, canned	Peaches, canned	Tomato purée, canned
Blackberries, canned	Kale	Peppers, green and red	Turnips
Blackberry juice	Kohlrabi	Plums, canned	Watermelon
Celery root, or celeriac	Lambsquarters	Pumpkin	
Chayote, fruit	Leeks	Pumpkin and squash, canned	
Chives	Muskmelon, including cantaloupe, honeydew, Spanish melon	Squash, cushaw	
Collards		Squash, winter	
Dandelion greens		Strawberries	

TABLE XXXIV—CONTINUED

CLASSIFICATION OF FRUITS AND VEGETABLES ACCORDING TO THEIR CARBOHYDRATE CONTENT¹

NINE PER CENT CARBOHYDRATE

Applesauce, canned	Cherries, red, canned	Lemons	Peas, very young
Apricots, canned	Cherries, white, canned	Lemon juice	Peas, canned
Artichokes, globe or French	Cranberries	Limes	Raspberries, canned
Asparagus	Currants	Lime juice	Raspberry juice
Beans, pods	Currant juice	Limes, sweet	Rutabagas
Beets	Gooseberries	Loganberries, canned	Tangerines
Blackberries	Grapefruit, fresh and canned	Loganberry juice	
Brussels sprouts		Onions	
Carrots	Grapefruit juice	Papayas	
		Pears, canned	

TWELVE PER CENT CARBOHYDRATE

Apple juice	Guavas	Peach juice	Plums (excluding prunes)
Apricots	Mulberries	Pineapple, fresh and canned	Prunes, canned
Beans, lima, canned	Oranges	Pineapple juice, fresh and canned	Raspberries, black and red
Cherries, sour	Orange juice		
Grapes, canned	Peaches		

FIFTEEN PER CENT CARBOHYDRATE

Apples	Figs, canned	Jerusalem artichoke, tubers	Nectarines
Blueberries, fresh and canned	Grapes, American and European types	Kumquats	Parsnips
Blueberry juice	Huckleberries	Loganberries	Pears
Corn, green, very young		Mangos	Peas, medium
			Salsify

EIGHTEEN PER CENT CARBOHYDRATE

Beans, baked	Corn, canned	Grape juice, unsweetened	Pomegranates
Beans, red kidney, canned	Crabapples	Persimmons, Japanese	Potatoes
Cherries, sweet	Figs		Succotash, canned

MISCELLANEOUS GROUP, HIGH CARBOHYDRATE

Bananas	Corn, medium and old	Peas, old	Prunes, fresh
Beans, lima, green shelled	Cowpeas, green shelled	Persimmons, native	Sweet potatoes, fresh and canned
Blackeye peas, green shelled		Plantain or baking banana	Tomato ketchup

¹United States Department of Agriculture, Bureau of Home Economics, 587-R (5/21/35), Food Composition Section. This table is used in calculating the carbohydrate content of diabetic diets; it may also be used in calculating high (fattening) or low (reducing) calorie diets.

²According to an older and much used classification, fruits and vegetables are grouped as follows: 5 per cent, 10 per cent, 15 per cent, and 20 per cent. However, it has been replaced in many institutions by the newer classification given in this table.

TABLE XXXV

MINERAL CHART

FOODS WITH AVERAGE SERVINGS LISTED ACCORDING TO THEIR RELATIVE IMPORTANCE
AS SOURCES OF CALCIUM, PHOSPHORUS, AND IRON¹

CALCIUM		CALCIUM	
FOOD	SERVING ²	FOOD	SERVING ²
<i>Excellent</i>		<i>Fair (cont.)</i>	
Milk, skimmed	1 cup	Peas, canned	½ cup
Milk, whole	1 cup	Potatoes	1 med.
Buttermilk	1 cup	Peas, dried	½ cup
Cheese, American	1" cube		cooked
Cheese, cottage	5 T.	Oats, rolled, cooked	½ cup
Cauliflower	4 oz.	Peas, green	½ cup
<i>Good</i>		Beef round, lean	4 oz.
Oranges	1 med.	Veal breast	4 oz.
Spinach	½ cup	Lamb breast	4 oz.
Oysters	½ doz.	Veal leg	4 oz.
Beans, navy, dried	½ cup	Liver, beef	4 oz.
	cooked	Ham	4 oz.
Celery	2-3 stalks	Peanuts	20 nuts
Egg	1	Walnuts	8-10
Bread, white, milk	2 slices		nuts
Carrots	2 oz.	Tomatoes	1 med.
<i>Fair</i>		Lamb chops, broiled	2 chops
Beans, string	½ cup	Pork chops	1 chop
Cabbage, raw	½ cup	Rice, white, steamed	¾ cup
PHOSPHORUS		PHOSPHORUS	
FOOD	SERVING ²	FOOD	SERVING ²
<i>Excellent</i>		<i>Good</i>	
Veal leg	4 oz.	Cheese, American	1" cube
Beef round, lean	4 oz.	Oysters	½ doz.
Veal breast	4 oz.	Beans, navy, dried	½ cup
Liver, beef	4 oz.		cooked
Lamb breast	4 oz.	Oats, rolled, cooked	½ cup
Buttermilk	1 cup	Peas, canned	½ cup
Ham	4 oz.	Egg	1
Pork chops	1 chop	Potatoes	1 med.
Milk, skimmed	1 cup	Spinach	½ cup
Lamb chops, loin	2 chops	Peas, green	½ cup
Milk, whole	1 cup		

TABLE XXXV—CONTINUED

MINERAL CHART

FOODS WITH AVERAGE SERVINGS LISTED ACCORDING TO THEIR RELATIVE IMPORTANCE
AS SOURCES OF CALCIUM, PHOSPHORUS AND IRON¹

PHOSPHORUS (CONT.)		PHOSPHORUS (CONT.)	
FOOD	SERVING ²	FOOD	SERVING ²
<i>Good (cont.)</i>		<i>Fair (cont.)</i>	
Almonds	12-15 nuts	Prunes	3 med.
Peanuts	20 nuts	Carrots	2 oz.
Bread, white, milk	2 slices	Turnips	½ cup
<i>Fair</i>		Beets	2 oz.
Oranges	1 med.	Walnuts	8-10 nuts
Bananas	1 small	Apples	1 small
Beans, string	½ cup	Rice, white, steamed	¾ cup
IRON ³		IRON ³	
FOOD	SERVING ²	FOOD	SERVING ²
<i>Excellent</i>		<i>Fair (cont.)</i>	
Liver	4 oz.	Mushrooms	5 fresh
Heart	4 oz.	Currants	¾ cup
Beef, lean	4 oz.	Peas, split	⅔ cup
<i>Good</i>		Fish	4 oz.
Lamb leg	4 oz.	Prunes	3 med.
Ham	4 oz.	Dates	3-4
Oysters	½ doz.	Onions	2 med.
Sweetbreads	4 oz.	Bananas	1 small
Veal	4 oz.	Bread, white, milk	2 slices
Spinach	½ cup	Beans, string	½ cup
Molasses	2 T.	Raisins	2 T.
Wheat bran	½ oz.	Pineapple	½ cup
Bread, graham, milk	2 slices	Milk, whole	1 cup
Potatoes	1 med.	Almonds	12-15 nuts
Egg	1	Lettuce	¼ head
Bread, whole wheat, milk	2 slices	Beets	½ cup
Oats, rolled, cooked	½ cup	Carrots	2 oz.
<i>Fair</i>		Apples	1 small
Strawberries	¾ cup	Peanuts	20 nuts
Chocolate or Cocoa	4 T.		

¹Compiled from Mineral Charts on Calcium, Phosphorus and Iron in pamphlet on *Calories, Vitamins and Minerals* by Mary Pascoe Huddleson, prepared by the New York Herald Tribune Home Institute. The original charts (3) were published by permission of the American Medical Association and Hygeia.

²The average servings are not a measure of the daily amount of food needed to supply the mineral requirement.

³Copper is essential for the utilization of iron. It is found in most foods containing iron. Liver, oysters, molasses, wheat bran, chocolate, cocoa, mushrooms, currants, split peas, almonds, and peanuts are excellent sources of copper.

All the other foods but heart, ham, and sweetbreads contain copper.

TABLE XXXVI

ALKALINE AND ACID-FORMING FOODS¹

ALKALINE OR BASE-FORMING FOODS		ACID-FORMING FOODS ²
Almonds	Grapefruit	Bread, white
Apples	Grapes	Bread, whole wheat
Apricots	Kohlrabi	Cheese, cheddar
Asparagus	Leeks	Corn, sweet
Bananas	Lemons	Cornmeal
Beans, pods, snap	Lettuce	Crackers
Beans, lima, kidney, navy, soy	Milk	Cranberries ²
Beets	Molasses	Eggs
Berries, blueberries, loganberries, raspberries, strawberries	Muskmelon	Egg white
Broccoli	Olives	Egg yolk
Brussels sprouts	Oranges	Fish
Buttermilk	Parsnips	Lentils
Cabbage	Peaches	Meat, beef, lean
Cantaloupe	Pears	Meat, chicken
Carrots	Peas	Meat, frog
Cauliflower	Pineapple	Meat, lamb or mutton
Celery	Potatoes	Meat, pork, lean
Chard	Radishes	Meat, rabbit
Cherries	Raisins	Meat, veal
Chestnuts	Rutabagas	Oatmeal
Chicory	Spinach	Oysters
Cucumbers	Sweet potatoes	Peanuts
Dates	Tomatoes	Prunes, plums ²
Eggplant	Turnips	Rice
Endive	Turnip tops	Walnuts
Figs	Watermelon	Wheat, entire
		Wheat flour, white

¹Compiled chiefly from *Acid-Forming Foods and Alkaline or Base-Forming Foods*, 411-R (1/22/35), Bureau of Home Economics, United States Department of Agriculture.

²Cranberries, prunes and some types of plums form hippuric acid in the body and increase the acidity of the urine; they are therefore classified as acid-forming foods, although they yield an alkaline ash.

TABLE XXXVII

AVERAGE TOTAL ENERGY REQUIREMENTS OF CHILDREN¹

AGE, YEARS	CALORIES PER DAY		AGE, YEARS	CALORIES PER DAY	
	BOYS	GIRLS		BOYS	GIRLS
1	900-1200	800-1000	13	2500-3500	2300-3400
5	1300-1600	1200-1500	14	2600-3800	2400-3000
8	1700-2300	1600-2200	15	2700-4000	2400-2800
10	2100-2700	1900-2600	16	2700-4000	2200-2800
12	2300-3000	2100-3000	17	2800-3800	2100-2800

¹Table reproduced as Table XXXVII from M. S. Rose's *A Laboratory Handbook for Dietetics*, third edition, p. 19 (with ages 2, 3, 4, 7, 9, and 11 years omitted), by permission of the publishers, The Macmillan Company.

TABLE XXXVIII

VITAMIN CHART FOR COMMON FOODS¹

FOOD	VITAMINS ²				
	A	B	C	D ³	G
VEGETABLES					
Artichoke, French	••	•	•		
Asparagus	••	•••	••		•••
Beans, kidney	•	••			
Beans, navy	•	••			
Beans, string	••	••	••		
Beet greens	••	••			•••
Beets, roots	•	•	•		•
Broccoli	••	••	•		••
Cabbage, raw	••	••	•••		••
Carrots	•••	••	••		••
Cauliflower	•	••	•		••
Celery stalk	•	••	••		
Chard	••	••			
Corn, white	•	••			•
Corn, yellow	••	••			•
Cucumber	•	•	••		
Dandelion greens	••	••	•		••
Eggplant	•	•	•		
Endive	••		•		
Escarole	•••		•		••
Kale	•••	•	••		•••
Kohlrabi		•	•		
Lettuce	••	••	••		••
Okra	••	••			
Onions	•	•	••		•
Parsley	•••	••	•••		
Parsnips	•	••			
Peas, dry	•	••			•
Peas, green	••	••	•••		•
Peppers, green	••	••	•••		
Pimiento	•••		•••		
Potatoes, sweet	•••	••	••		
Potatoes, white	•	••	•		••
Pumpkin	••	•	•		
Radishes	•	••	••		
Romaine	••	••			
Rutabaga, raw	•	••	••		
Sauerkraut	•	•	•		
Spinach	•••	•	••		•••
Squash, Hubbard	••				

TABLE XXXVIII—CONTINUED

VITAMIN CHART FOR COMMON FOODS¹

FOOD	VITAMINS ²				
	A	B	C	D ³	G
VEGETABLES (CONT.)					
Tomatoes	••	••	••••		••
Turnip	•	••	••		••
Turnip greens	•••	••	••••		••
Watercress	•••	••	••••		••
NUTS					
Almonds	•	••			
Brazil nuts	•	••			••
Butternuts	•	••			
Chestnuts		•			•
Coconut	•	••			••
Filberts		••			••
Hickory nuts		••			••
Peanuts	•	••			•
Peanut butter	•	••			•
Pecans	•	••			
Walnuts	•	••			
MISCELLANEOUS					
Molasses		•			
Yeast		••••			••••
Yeast extract		••••			••••
MEAT AND FISH					
Bacon	•	•			••
Beef	•	••			••
Beef juice		•			
Fish	•	•			
Fish roe	••	••			
Ham	•	••			••
Heart	•	••			••••
Kidney	••	••			••••
Liver	•••	••	•		••••
Mutton		••			•
Oysters	••	••	•		
Pork	•	••			••
Pork, fat	••	•			
Pork, kidney	••				
Salmon, canned	•				••
Sardines				••	

TABLE XXXVIII—CONTINUED

VITAMIN CHART FOR COMMON FOODS¹

FOOD	VITAMINS ²				
	A	B	C	D ³	G
MEAT AND FISH (CONT.)					
Shrimp	•				
Sweetbreads	•	•			
Veal	•				••
FRUITS					
Apples	•	••	••		••
Apricots	••		••		
Avocado	••	•••	•		••
Bananas	••	••	••		••
Cantaloupe	••	••	•••		••
Cherries	••	•	••		
Cranberries	•		••		
Dates	•	••			•
Figs	•				
Grapefruit	•	••	•••		••
Grapes	•	•	•		
Lemons	•	••	•••		••
Oranges	•	••	•••		••
Orange peel	•	•	••		
Peaches, raw	••	••	••		
Pears		••	•		••
Pineapple, fresh	•	••	••		•
Prunes	••	••			•
Raisins		•			
Raspberries	••	•	•••		
Strawberries	•	•	•••		
Watermelon	•	•	•••		•
FATS AND OILS					
Beef fat	••				
Coconut oil	•				
Cod liver oil	•••			•••	
Corn oil	•				
Halibut liver oil	•••			•••	
Lard	•				
Margarine	••				
Mutton fat	•				
Olive oil	•				

TABLE XXXVIII—CONTINUED

VITAMIN CHART FOR COMMON FOODS¹

FOOD	VITAMINS ²				
	A	B	C	D ³	G
DAIRY PRODUCTS					
Butter	●●●			●	
Buttermilk	●	●●			●●●
Cheese, cottage	●				
Cheese, whole milk	●●●				
Cream	●●●	●●	●	●	●●●
Eggs	●●●	●●		●	●●●
Egg yolks	●●●	●●		●●	●●●
Ice cream	●●	●●			●●●
Milk, whole	●●●	●●	●	●	●●●
CEREALS AND BREAD					
Barley, whole	●	●●			●
Bread, white (milk)	●	●			●
Bread, whole wheat (milk)	●●	●●●			●●
Bread, whole wheat (water)	●	●●●			●
Cornmeal	●	●			
Flour, whole wheat	●	●●●			●
Oatmeal	●	●●			●
Rice, brown	●	●●			●
Rye, whole	●	●●			●
Wheat, bran	●	●●			●
Wheat, embryo	●●	●●●			●●

¹The information used in compiling this chart has been derived mainly from the work of Dr. Henry O. Sherman in his book "*Food and Health*" and from the article "*Ignition Sparks of Health*" by Mary Pascoe Huddleson. The chart printed in the booklet *Calories, Vitamins and Minerals* by Mary Pascoe Huddleson, prepared by the Herald Tribune Home Institute, has been arranged in table form.

²Vitamin content in foods shown as follows:

●●● indicates excellent source.

●● indicates good source

● indicates fair source or presence in small amounts.

Vitamin E has such wide distribution among foods that it is quite likely to be contained in ample amounts in the average good dietary. The germ of wheat grain is an especially rich source.

³Vitamin D, the sunshine vitamin, has been added by patented processes to certain types of foods such as bread, breakfast foods, milk, yeast and chocolate, malt and milk drink powder base.

TABLE XXXIX

APPROXIMATE CALORIES CONTAINED IN THE AVERAGE SERVINGS OF SOME COMMON FOODS¹

FOOD	SERVINGS (APPROXIMATE)		FOOD	SERVINGS (APPROXIMATE)	
	MEASURE	CAL- ORIES		MEASURE	CAL- ORIES
BEVERAGES			DESSERTS		
Breakfast chocolate	$\frac{2}{3}$ cup	150	Cake, plain	$1\frac{1}{2} \times 1\frac{1}{2} \times 1\frac{1}{2}$ "	140
Breakfast cocoa	$\frac{2}{3}$ cup	106	Chocolate	$1\frac{1}{2} \times 1\frac{1}{2} \times 1\frac{1}{8}$ "	185
Coffee and tea	$\frac{2}{3}$ cup		Angel	1 wedge	120
Milk, whole	1 cup	170	Cookies, plain (rolled)	3" diam.	75
Buttermilk	1 cup	80	Oatmeal, drop—with		
Orange juice	1 cup	120	raisins	3" diam.	90
Lemonade	1 cup	60	Doughnuts	3" diam.	200
Beer	1 pint	250	Gingerbread	$2 \times 2 \times 1\frac{1}{2}$ "	160
BREADS AND CEREALS			Pastry, Apple (8-inch)	$\frac{1}{8}$ pie	350
Bread, white	1 thin slice	50	Custard (8-inch)	$\frac{1}{8}$ pie	240
Whole wheat	1 slice	40	Pumpkin (8-inch)	$\frac{1}{8}$ pie	580
Rye	1 slice	40	Lemon (8-inch)	$\frac{1}{8}$ pie	340
Parker House rolls	1 medium	70	Chocolate (8-inch)	$\frac{1}{8}$ pie	350
Muffins, plain	1 large	125	Puddings		
Cornmeal	1 large	130	Custard, plain	$\frac{1}{2}$ cup	150
Bran	1 large	110	Blanc mange	$\frac{1}{2}$ cup	110
Baking powder biscuits	1 (3-inch)	100	Tapioca cream	$\frac{1}{2}$ cup	125
Griddlecakes	3 ($4\frac{1}{2}$ inches)	300	Prune whip	$\frac{1}{2}$ cup	200
Waffles	1 waffle	250	Lemon gelatin	$\frac{1}{2}$ cup	110
Boston brown bread	1 slice	100	Strawberry shortcake,		
Corn bread	1 slice	150	no cream	1	320
Cream of Wheat	$\frac{3}{4}$ cup	100	Ice cream, plain	$\frac{2}{3}$ cup	300
Oatmeal	$\frac{3}{4}$ cup	100	Lemon ice (water)	$\frac{2}{3}$ cup	170
Puffed Rice	1 cup	50	Pineapple milk sherbet	$\frac{2}{3}$ cup	210
Cornflakes	1 cup	100	FRUITS		
Shredded Wheat	1 biscuit	100	Apple	1 large	100
Macaroni, plain	$\frac{3}{4}$ cup	130	Baked (2 T. sugar)		200
Macaroni and cheese	1 cup	316	Sauce	$\frac{1}{2}$ cup	150
Rice, white	$\frac{3}{4}$ cup	140	Apricots	1	20
CONFECTIONS			Sauce (dried)	$\frac{1}{2}$ cup	190
Sugar, granulated	1 tablespoon	100	Bananas	1 medium	100
Loaf sugar—1 piece	$1\frac{1}{2} \times \frac{3}{4} \times \frac{3}{8}$ "	25	Berries, blueberries	$\frac{1}{2}$ cup	50
Honey	1 tablespoon	70	strawberries, fresh	1 cup	90
Molasses	1 tablespoon	65	Cantaloupe (5" diam.)	$\frac{1}{2}$	50
Corn syrup	1 tablespoon	70	Cherries, sweet	$\frac{1}{2}$ cup	50
Maple syrup	1 tablespoon	65	Cranberry sauce	$\frac{1}{4}$ cup	125
Fudge, chocolate	$1\frac{1}{2} \times 1 \times \frac{3}{4}$ "	100	Dates	4	100
Caramels, chocolate nut	2 ($\frac{3}{4}$ " cube)	100	Figs, dried	1	75
Chocolate nut bar	$2\frac{1}{4} \times 2\frac{1}{4} \times \frac{1}{8}$ "	100	Grapefruit, large	$\frac{1}{2}$	100
			Grapes, Concord	1 med. bunch	100

TABLE XXXIX—CONTINUED

APPROXIMATE CALORIES CONTAINED IN THE AVERAGE SERVINGS
OF SOME COMMON FOODS¹

FOOD	SERVINGS (APPROXIMATE)		FOOD	SERVINGS (APPROXIMATE)	
	MEASURE	CAL- ORIES		MEASURE	CAL- ORIES
FRUITS—Continued			MILK, BUTTER, CHEESE,		
Lemon, large	1	33	Eggs		
Orange, large	1	100	Butter	1 $\frac{1}{4}$ x 1 $\frac{1}{4}$ x 1 $\frac{1}{4}$ "	50
Peach, medium	1	50		1 tablespoon	100
Pear, medium	1	50	Buttermilk	1 large glass	100
Pineapple, fresh (diced)	$\frac{1}{2}$ cup	50	Cream, light (18%)	1 tablespoon	40
Canned, juice	1 slice	100	thick (40%)	1 tablespoon	45
Plums, large	1	25	Cheese, American	1 inch cube	100
Prunes, dried, stewed,	4	125	Egg	1	70
Raisins	$\frac{1}{4}$ cup	115	Cottage cheese	$\frac{1}{2}$ cup	100
Rhubarb, stewed	$\frac{1}{2}$ cup	100			
Watermelon (6" diam.)	1 $\frac{1}{2}$ -inch slice	200	MISCELLANEOUS		
MEAT, POULTRY, FISH			Cod liver oil	1 T.	100
Bacon, broiled	2 (7") strips	50	Fat, pure veg. or animal	1 T.	100
Beef, round, A. P.	4 ounces	180	Popcorn, popped	1 cup	70
Loin, porterhouse	$\frac{1}{3}$ pound	360	Salad dressing, boiled	1 T.	25
Rib, A. P.	$\frac{1}{3}$ pound	360	Salad dressing, French	1 T.	80
Veal, leg, A. P.	$\frac{1}{3}$ pound	189	Salad dressing, mayon- naise	1 T.	100
Cutlet, A. P.	$\frac{1}{4}$ pound	156	Salad dressing, mineral oil	1 T.	5
Lamb, loin chops, A. P.	$\frac{1}{3}$ pound	425	White sauce, medium	$\frac{1}{4}$ cup	100
Leg, A. P.	$\frac{1}{3}$ pound	365	Yeast, compressed	1 cake	100
Pork, chops, A. P.	$\frac{1}{3}$ pound	434	Olive oil	1 T.	100
Ham, fresh, A. P.	$\frac{1}{4}$ pound	368	Olives, large	4	50
Ham, smoked	$\frac{1}{4}$ pound	405			
Liver, beef, A. P.	3 $\frac{1}{2}$ ounces	360	NUTS		
Veal, A. P.	3 $\frac{1}{2}$ ounces	375	Almonds, shelled	6-8 nuts	50
FISH			Brazil nuts	1 nut	50
Halibut steak	$\frac{1}{3}$ pound	150	Peanuts	10-12 nuts	50
Salmon, A. P.	$\frac{1}{3}$ pound	190	Peanut butter	1 T., scant	100
Canned	$\frac{1}{2}$ cup	125	Walnuts	4-6 meats	50
Codfish, creamed	$\frac{3}{4}$ cup	280			
Cakes	2	250	SOUPS		
Lobster, canned	$\frac{2}{3}$ cup	90	Bouillon, consommé	1 cup	25
Oysters	1 cup	112	Cream of vegetable	$\frac{2}{3}$ cup	100
Stew	1 $\frac{1}{2}$ cups	280			
POULTRY			VEGETABLES		
Chicken, with bone, roast	$\frac{3}{4}$ pound	450	Asparagus, fresh	6 medium stalks, 5" long	20
Broiled	$\frac{1}{2}$	160	Beans, baked	$\frac{1}{2}$ cup	150
Turkey, roast	3 slices	300	Beans, lima, fresh	$\frac{1}{2}$ cup	100
			Beans, string, buttered	$\frac{1}{2}$ cup	45

TABLE XXXIX—CONTINUED

APPROXIMATE CALORIES CONTAINED IN THE AVERAGE SERVINGS
OF SOME COMMON FOODS¹

FOOD	SERVINGS (APPROXIMATE)		FOOD	SERVINGS (APPROXIMATE)	
	MEASURE	CAL- ORIES		MEASURE	CAL- ORIES
VEGETABLES—Cont.			VEGETABLES—Cont.		
Beets, greens	½ cup	35	Onions	3-4 med.	100
Beets, fresh	½ cup	50	Parsnips, small	7 pieces	100
Brussels sprouts	¾ cup	52	Peas, creamed or but- tered	½ cup	100
Cabbage, shredded	½ cup	15	Potatoes, white	1 medium	100
Cabbage, buttered	½ cup	65	Potatoes, creamed	½ cup	125
Carrots, creamed	½ cup	65	Potatoes, mashed	½ cup	100
Carrots, fresh	½ cup grated	40	Potatoes, salad	½ cup	200
Cauliflower	1 serving	15	Potatoes, sweet	1 medium	200
Celery	2 med. stalks	10	Radishes	6	20
Coleslaw	1 cup	100	Sauerkraut	½ cup	20
Corn, canned	½ cup	150	Spinach, cooked and chopped	½ cup	20
Corn on cob	2 ears, 6" long	100	Squash, Hubbard	½ cup	50
Cucumbers	1, 9" long	50	Tomato, fresh	1 medium	50
Eggplant	6 slices, 4x½"	100	Tomato, canned	½ cup	25
Kale, cooked	½ cup	20	Turnips, cooked	½ cup	25
Lettuce, leaves	2 large	5			
Mushrooms, stewed	½ cup	85			

¹Compiled mainly from two sources: pamphlet *Calories, Vitamins and Minerals* by Mary Pascoe Huddleson, prepared by the New York Herald Tribune Home Institute and originally compiled from *Laboratory Manual of Dietetics* by Mary Swartz Rose, published by The Macmillan Company, and *Nutritive Value of Foods* by Dorothy S. Waller, Michigan University Hospital, Ann Arbor, Michigan, George Wahr, publisher; and from *Lowe's Dietetic File*, published by Belle Lowe, Iowa State College, Ames, Iowa.

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- Agneau (*F*) Lamb.
- À la (*F*) In mode or fashion of.
- À la broche (*F*) Cooked on a skewer.
- À la carte (*F*) Foods prepared to order.
- À la mode (*F*) In a normal fashion.
- Allemand(e) (*F*) German; concentrated white *velouté* sauce, thickened with cream and egg yolk, and seasoned with nutmeg and lemon juice.
- Anglais(e) (*F*) English; à l'anglaise usually means cooked very simply.
- Antipasto (*I*) Usually assorted vegetables, fish or cold cuts, constituting hors d'œuvres or appetizers.
- Apéritif (*F*) Any dry fortified wine such as vermouth or dry sherry.
- Asperge (*F*) Asparagus; asperges en branches means plainly boiled.
- Au gratin (*F*) Sprinkled with crumbs and/or cheese and baked brown.
- Au jus (*F*) Served with natural juices or gravy.
- Au lait (*F*) With milk.
- Au naturel (*F*) Plainly cooked, or without cooking.
- Béarnaise (*F*) Yellow sauce of vinegar, egg yolk and spices.
- Béchamel (*F*) Cream sauce usually with veal stock base and vegetables; named after a celebrated cook.
- Beignets (*F*) Fritters.
- Bel Paese (*I*) Soft cows' milk cheese from Italy.
- Beurre (*F*) Butter; au beurre fondu—with melted butter; au beurre roux—with browned butter; beurre noir—browned melted butter sauce.
- Blanc(che) (*F*) White.
- Blanquette (*F*) White meat in cream sauce.
- Bœuf (*F*) Beef.
- Bordelais(e) (*F*) From Bordeaux, usually with red wine.
- Borsch (*R*) Russian soup with beets as main ingredient.
- Bouchée (*F*) Small pastry shell filled with creamed mixture.
- Bourgeoise (*F*) Average family; à la bourgeoise—in family style.
- Brie (*F*) Soft French or French-style cheese.
- Brioche (*F*) Light, sweet yeast bread, characteristically French.
- Brochette (*F*) Skewer; en brochette—broiled and served on skewer.
- Brut (*F*) Natural, no added sugar; usually used with Champagne.
- Byrrh (*F*) A tonic wine similar to Dubonnet.
- Café (*F*) Coffee; café au lait—coffee with hot milk; café noir—black or after-dinner coffee.
- Carte (du jour) (*F*) Bill of fare for the day.
- Champignons (*F*) Mushrooms.
- Chantilly (*F*) With whipped cream.
- Chapon (*F*) Capon.
- Chartreuse (*F*) A liqueur; a food mixture enclosed in fancy case or mold.
- Chaud-froid (*F*) Hot-cold. A cold jellied food.
- Chou (*F*) Cabbage.
- Confiture (*F*) Jam.
- Cordon Bleu (*F*) Famous French cooking school; a fine cook.
- Crème (*F*) Cream.
- Crevettes (*F*) Shrimps.
- Demi-tasse (*F*) A small cup of coffee; in this country, after-dinner coffee; in France, café noir is after-dinner coffee.
- En coquilles (*F*) In the shell; in shell-shaped ramekins.
- En papillottes (*F*) In paper frills.
- Entremets (*F*) Main dish, side dish, savory or sweet.
- Escargots (*F*) Snails.
- Escoffier (*F*) Famous chef.
- Espagnole (*F*) Brown sauce of butter, flour and meat juice.
- Estragon (*F*) Tarragon.
- Farci (*F*) Stuffed.
- Fines herbes (*F*) Sauce, soup, or other food with herbs.
- Flambé (*F*) A food served with lighted spirits poured over.
- Flan (*F*) Custard or open tart.
- Fraises (*F*) Strawberries.

FOREIGN WORDS

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- Frijoles** (*M*) Mexican beans cooked with oil, tomatoes and chili.
Froid (*F*) Cold.
Fromage (*F*) Cheese.
Galantine (*F*) Food stuffed in sausage.
Gâteaux (*F*) Small cakes.
Grenouilles (*F*) Frogs.
Grillé (*F*) Grilled or broiled.
Haricots (*F*) Beans.
Homard (*F*) Lobster.
Hors d'œuvres (*F*) Relishes, usually served at the beginning of a meal.
Huitres (*F*) Oysters.
Jambon (*F*) Ham.
Jardinière (*F*) Diced, mixed vegetables.
Julienne (*F*) Vegetables cut in thin strips.
Jus (*F*) Juice.
Kirsch (*G*) Cherry; a cherry cordial.
Knackebrod (*Scand.*) Whole rye, flat, hard bread.
Kuchen (*G*) Cake.
Lait (*F*) Milk.
Laitue (*F*) Lettuce.
Langue (*F*) Tongue.
Lapin (*F*) Rabbit.
Lyonnaise (*F*) Cooked with chopped onions and parsley.
Maigre (*F*) Without meat (fasting).
Maitre d'hôtel (*F*) Head of food service; maitre d'hôtel butter—mixture of butter, lemon juice, parsley, salt, etc.
Milanaise (*F*) Spaghetti or macaroni with tomato sauce, etc.
Noir(e) (*F*) Black.
Normand(e) (*F*) From Normandy.
Œuf (*F*) Egg.
Oiseaux (*F*) Birds.
Paillette (*F*) White sauce.
Pain (*F*) Bread.
Pâté (*F*) Pie or pastry, paste.
Pâté de foie gras (*F*) Goose liver paste.
Pâtisserie (*F*) French pastry.
Petite marmite (*F*) A strong consommé with beef, chicken and vegetable; small casserole, or kettle.
Petits fours (*F*) Small cakes.
Pièce de résistance (*F*) The main dish in a meal, as a roast.
Pois (*F*) Pea.
Poisson (*F*) Fish.
Pomme (*F*) Apple.
Pomme de terre (*F*) Potato.
Potage (*F*) Soup.
Poulet (*F*) Chicken.
Réchauffé (*F*) Reheated.
Rémoulade (*F*) Yellow sauce of eggs, vinegar, mustard and spices.
Riz de veau (*F*) Calf's sweetbreads.
Rôti (*F*) Roast.
Rôtisserie (*F*) Restaurant that specializes in meals broiled or barbecued.
Salade (*F*) Salad.
Salmis (*F*) Hash (game) with thick rich sauce.
Salpicon (*F*) Minced poultry or meat.
Sauternes (*F*) Pale, sweet wines.
Smörgåsbord (*Scand.*) Hors d'œuvres.
Sorbet (*F*) Frozen punch.
Soubise (*F*) Flavored with onion.
Spumoni (*I*) Fancy Italian ice cream.
Tamale (*M*) Cooked cereal and meat served in corn husks.
Tarte (*F*) Pie.
Truffe (*F*) A fungus, similar to mushrooms; seasoning and garnish; truffle.
Veau (*F*) Veal.
Velouté (*F*) White sauce with white stock.
Vert(e) (*F*) Green.
Viande (*F*) Meat.
Vichy (*F*) Mineral water.
Vinaigrette (sauce) (*F*) Oil, herbs, vinegar, hard-cooked eggs and pickles.
Vol au vent (*F*) Large puff pastry shell.
Wurst (*G*) Sausage.
- Abbreviations used:
F=French, **G**=German, **I**=Italian,
M=Mexican, **R**=Russian, **Scand.**=Scandinavian.

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